

GROUP FITNESS SCHEDULE

June 2019



817-767-4578
fitness@vaqueroclub.com

S	M	T	W	T	F	S
2	3	4	5	6	7	8
	Fitness Ctr. Hours: 6:00 am-2:00 pm Club Closed	6:00 am – HIIT 8:30 am – Yoga 10:00 am – Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin	8:30 am – Yoga 10:00 am – HIIT 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:00 am – Spin 9:00 am – Yoga
9	10	11	12	13	14	15
	Fitness Ctr. Hours: 6:00 am-2:00 pm Club Closed	6:00 am – HIIT 8:30 am – Yoga 10:00 am – Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin	8:30 am – Yoga 10:00 am – HIIT 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:00 am – Spin 9:00 am – Yoga
16	17	18	19	20	21	22
	Fitness Ctr. Hours: 6:00 am-2:00 pm Club Closed	6:00 am – HIIT 8:30 am – Yoga 10:00 am – Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin	8:30 am – Yoga 10:00 am – HIIT 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:00 am – Spin 9:00 am – Yoga
23	27	28	29	30	31	1
30	Fitness Ctr. Hours: 6:00 am-2:00 pm Club Closed	OPEN ALL DAY 6:00 am – HIIT 8:30 am – Yoga 10:00 am – Spin 6:00 pm – Men's Golf Yoga	6:00 am – Spin	8:30 am – Yoga 10:00 am – HIIT 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	

Class Descriptions

Yoga - Improve balance, flexibility and endurance by connecting movement the breath in a 60-minute flow yoga class set to music.

Men's Golf Conditioning Yoga - For men who don't want to try Yoga in front of the fantastic flexible ladies. Improve balance, stability, muscle endurance, core strength, ROM and **maximize your golf game** in a 60-minute slower paced yoga class.

Pilates - Tone and strengthen your powerhouse muscles in a 60-minute mat-based Pilates class.

Spin - Boost your cardio fitness level in a 45-minute spin class set to high energy music. Pre-registration recommended.

HIIT - This 50-minute full body High-Intensity Interval Training gets & keeps your heart rate up and burns more fat in less time. HITT workouts are scalable, so workouts are individualized to ALL fitness levels. Class will end with a great 10-minute instructor-lead stretch. (60-minutes total)

PRIVATE CLASSES - AVAILABLE UPON REQUEST, PLEASE CONTACT LAURA - lmosier@vaqueroclub or 214-384-6865 FOR MORE INFORMATION.

Rates: Drop-In Classes - \$15 | Monthly Unlimited Classes - \$100 | Annual Unlimited Classes - \$1000