

GROUP FITNESS SCHEDULE

# March 2019



817-767-4578  
fitness@vaqueroclub.com

S	M	T	W	T	F	S
27	28	29	30	31	1	2
					6:00 am – Spin 8:30 am – Pilates	8:00 am – Spin 9:00 am – Yoga
3	4	5	6	7	8	9
		8:30 am – Yoga 10:00 am - HITT & Stretch 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:30 am – Yoga 10:00 am - HITT & Stretch 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:00 am – Spin 9:00 am – Yoga
10	11	12	13	14	15	16
		8:30 am – Yoga 10:00 am - HITT & Stretch 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:30 am – Yoga 10:00 am - HITT & Stretch 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:00 am – Spin 9:00 am – Yoga
17	18	19	20	21	22	23
		8:30 am – Yoga 10:00 am - HITT & Stretch 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:30 am – Yoga 10:00 am - HITT & Stretch 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:00 am – Spin 9:00 am – Yoga
24	25	26	27	28	1	2
		8:30 am – Yoga 10:00 am - HITT & Stretch 6:00 pm – Men's Golf Yoga	6:00 am – Spin 8:30 am – Pilates	8:30 am – Yoga 10:00 am - HITT & Stretch 6:00 pm – Men's Golf Yoga		

## 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 required.

**HITT & Stretch** - This 45-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 15-minute instructor-lead stretch. (60-minutes total)

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