

GROUP FITNESS SCHEDULE

# October 2018



817-767-4578  
fitness@vaqueroclub.com

S	M	T	W	T	F	S
30	1	2	3	4	5	6
		9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates	9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates	9:00am – Spin 10:00am – Yoga
7	8	9	10	11	12	13
		9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates	9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates	9:00am – Spin 10:00am – Yoga
14	15	16	17	18	19	20
		9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates	9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates	9:00am – Spin 10:00am – Yoga
21	22	23	24	25	26	27
		9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates	9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates	9:00am – Spin 10:00am – Yoga
28	29	30	31	1	2	3
		9:00am – Spin 10:00am – Yoga	6:00am – Spin 9:00am – Pilates			

## Class Descriptions

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

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.

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