

THE GROVE AT FRISCO COMMONS GROUP EXERCISE SCHEDULE



MAY

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>8:00am</u> FITNESS FUSION Colleen	<u>8:30am</u> SCB Kelly	<u>8:00am</u> SCB Nii	<u>8:00am</u> YOGA Colleen	<u>8:00am</u> CROSS TRAINING Tracy	<u>10:00am</u> MINDFUL MOVES & MEDITATION Jyoti
<u>9:00am</u> CROSS TRAINING Tracy	<u>9:00am</u> CHAIR DANCE Jasmine COMMONS HALL	<u>9:00am</u> STRETCH Nii	<u>9:00am</u> USE IT LOSE IT Leigh	<u>9:00am</u> YOGA Liz	
<u>10:00am</u> YOGA Liz	<u>9:15am</u> TOTAL BODY Kelly	<u>10:00am</u> MAT PILATES Tobi	<u>10:00am</u> SCB Nii	<u>10:30am</u> MAT PILATES Tobi	
<u>11:00am</u> MINDFUL MOVES & MEDITATION Jyoti	<u>10:00am</u> CARDIO DANCE Nii	<u>11:00am</u> HEALTHY HUSTLE Tobi	<u>10:45am</u> POWER HOUR Nii		
<u>2:00pm</u> USE IT LOSE IT Leigh	<u>11:00am</u> STRETCH Nii	<u>12:00pm</u> GENTLE CHAIR YOGA Bob	<u>12:00pm</u> GENTLE CHAIR YOGA Savita		
	<u>12:00pm</u> GENTLE CHAIR YOGA Bob		<u>5:30pm</u> GENTLE YOGA Bob		
	<u>5:30pm</u> GENTLE YOGA Bob				



Classes are subject to change due to instructor availability

KEY:
Free Class

THE GROVE AT FRISCO COMMONS
PlayFrisco.org/TheGrove
972-292-6550



THE GROVE AT FRISCO COMMONS CLASS DESCRIPTION

CARDIO/DANCE

CARDIO DANCE- Cardio class set to your favorite hip hop tracks both old and new. Dancers and non-dancers alike will love this class for the amazing energy, fun music, and steady state cardio burn. Each class features a warm up, a hip hop combo, and increasing intensity level of the moves. Try it AT LEAST once and you will be hooked!

POWER HOUR- A dynamic, high energy, full body workout.

CHAIR DANCE- A creative fun dance choreography and exercise class performed in a chair.

PILATES

PILATES- This total body conditioning routine uses a variety of slow controlled movements to help participants move with ease and grace to improve core stability, range of motion, flexibility, and strength.

BARRE

FITNESS FUSION- A low impact workout with toning, sculpting, and yoga inspired moves to strengthen the large and small muscle groups.

COMBO-STRENGTH & BALANCE

SCB- This energizing class will improve muscular strength, increase metabolism, endurance, flexibility, balance, and coordination. Exercises will increase lean muscle by focusing on bodyweight, equipment, and large muscle group exercises using a variety of weights.

USE IT LOSE IT- An overall body workout that builds strength, endurance, and balance.

HEALTHY HUSTLE

HEALTHY HUSTLE- Get a full body workout that focuses on cardio, strength, and range of motion in this upbeat class.

YOGA

YOGA: BEGINNER/GENTLE/CHAIR- Learn relaxation technique through stretching, bending, and twisting. Improve flexibility, strength, and balance while reducing stress and improving cardiovascular health and your sense of well being!

MINDFUL MOVES AND MEDITATION- A comprehensive wellness class that includes light yoga, conscious walking, and meditation. Each class improves flexibility, joint mobility, and balance!