

GROUP FITNESS CLASSES

Effective April 1st

MONDAY

8:30a-9:30a

Studio Circuit

Jeanne

9:45a-10:30a

Slow Flow

Amy

11:15a-11:45a

Chizzle

11:45a-12:00p

Stretch Express

Sam

4:30p-5:15p

Fitness Fusion

Laurie

5:15a-6:00a

Sunrise Cycle

Michelle

TUESDAY

8:30a-9:00a

Cardio Dance

Sam

9:05a-9:35a

Pilates Mat

Sam

11:15a-11:45a

Hard Core

11:45a-12:00p

Stretch Express

Laurie

4:30p-5:15p

Shred

Amy

5:30p-6:30p

Zumba®

Natalie

5:15p-6:00p

Cycle

Mike

WEDNESDAY

8:30a-9:30a

Studio Strides

Jeanne

11:15a-11:45a

Chizzle

11:45a-12:00p

Stretch Express

Michelle

4:30p-5:15p

HIIT

Laurie

5:30p-6:30p

Yoga

Manjiri

5:15a-6:00a

Sunrise Cycle

Mike

THURSDAY

8:30a-9:00a

Cardio Dance

Sam

9:05a-9:35a

Pilates Mat

Sam

11:15a-12:00p

Restore

Jeanne

4:30p-5:15p

Yoga

Cristina

5:30p-6:30p

Zumba®

Natalie

5:15p-6:00p

Cycle

Mike

FRIDAY

8:30a-9:30a

Studio Stretch

Jeanne

SATURDAY

9:00a-10:00a

Yoga*

Manjiri

TXO

All class sizes are limited.

- Please contact the TXO Wellness Center Desk at (979) 235-8139 if you have any questions.
- Class schedules and/or instructors may change without notice depending on availability.
- For the most up-to-date class schedule and information, please visit our website at: GreaterCorporateWellness.org

Hours

Monday-Thursday: 5am-8pm

Friday: 5am-7pm

Saturday: 8am-2pm

Sunday: 12pm-4pm



GREATERMIDLAND
CORPORATE
WELLNESS

GROUP FITNESS CLASSES

Cardio Dance: This cardio dance workout will burn calories and energize your entire day! Great for any fitness level.

Chizzle: A multi-level class for those who want to develop muscular strength and endurance. Tackle resistance training exercises using a variety of equipment. Challenge every major muscle group.

Cycle: Shed fat, improve heart health, and boost muscle endurance in this high intensity, low-impact, instructor-guided class. Your ride, your choice, you have the control – boost the power or reduce the intensity – the challenge is in your hands.

Fitness Fusion: Tone and sculpt your body utilizing basic strength training moves combined with heart pumping cardio exercises.

Hard Core: A 30-minute class packed with plenty of moves to strengthen your abs, back, and trunk.

HIIT: Class includes short, high-intensity intervals combined with active recovery designed to train the body for improved performance and calorie burning.

Restore: A calming series of stretches to increase flexibility, energy and stillness of mind.

Pilates Mat: Pilates mat exercises stretch and strengthen every muscle in your body with special emphasis on your "center" (abdominal, waist, lower back and glutes).

Shred: A fun, high intensity, low impact class to increase bone density, elevate heart rate and burn calories. Finish your practice with yoga postures to stretch worked muscles. Modifications for all fitness levels.

Slow Flow: Connect body, breath, and mind through a series of yoga postures in a slow flow style yoga class.

Stretch Express: Take a break from your work day to stretch, de-stress, and relax. Increase energy level and flexibility to improve posture and range of motion of the joints.

Studio Circuit: This class will focus on developing muscular strength and endurance. As part of the Studio Series, it is an excellent routine designed for the active 50+ participant.

Studio Stretch: A wonderful way to wind down the week! This class offers a series of stretches that will enhance flexibility and improve mobility. Designed to promote relaxation and restoration, this format is perfect for the active 50+ participant.

Studio Strides: This class will focus on cardio, strength, and core. As part of the Studio Series, it is an excellent routine designed for the active 50+ participant.

Yoga: A class featuring the ancient practice of Yoga; a series of asanas (postures) to increase flexibility, energy and stillness of mind.

Zumba®: Come join the party with Latin inspired dancing that will increase your cardiovascular endurance and tone & sculpt your body. Are you ready to party yourself into shape? Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

***This in-studio class will also be available via Zoom live stream.**