

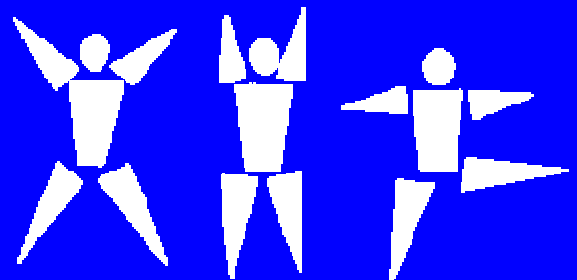
## CLASS DESCRIPTIONS

LOW IMPACT & TONING	Come for a great full body workout of 30 minutes of low impact aerobics and 30 minutes of toning! This class has dance patterns, step combinations and choreography to follow.
STEP & TONING	This class has step combinations and choreography to follow combined with strength training.
STEP	Step aerobics uses a platform for stepping (platform height may be adjusted). This class will give you a complete workout with emphasis on the lower body. This class has dance patterns, step combinations and choreography to follow.
POWER STEP	This class consists of very advanced choreography.
YOGA	One hour of stretching, strengthening and relaxation.
STRENGTH	This thirty minute class uses weights and tubing to strengthen and tone. Challenge yourself with heavy weights and you'll see a difference!
PILATES	Increases your core strength as well as strengthen your entire body. Most Pilates participants make a big improvement in their posture.
CIRCUIT	This class gives you a complete body workout combining toning with cardio. At the end of the hour you will have worked major muscles while getting an aerobic workout too.
KICKFIT	A combination of kickboxing moves with aerobic steps, and very little choreography.
SPORTS CONDITIONING	No choreography, just lots of fun and hard work. We will run sprints, drills and do strength and agility work. You will feel like you've completed boot camp training when you have finished this class.
CARDIO & BODY SCULPTING	A complete cardio workout while using weights, tubing and bands to strengthen and tone your body.
YOGALATES	This 45-minute class will combine Yoga and Pilates.
WORKOUT EXPRESS	This 30-minute interval circuit training will provides a full strength, aerobic, and core workout. You will get in shape and out the door in no time flat!
POWER PUMP	An energizing, conditioning class that hits every major muscle group while using weights.
ABS	Fifteen minute classes that focus on working the abdominals, and core strengthening.
CYCLING	This is a great class for all levels because you adjust your bike to fit your workout needs. Cycling class is one of the best cardio workouts you can do, and you do not have the impact which you get with most other cardio workouts. All of our cycling classes are challenging, and fun!
"AQUA" WATER AEROBICS	These classes are taught in pool at chest level. The classes combine cardio and strength because you work with the resistance of the water. Most people think that water aerobics is only for beginners or injured participants, but come try one of our classes and see how challenged you will be! This is a great class for all levels, and you do not have the impact which you get with land aerobics.

Classes subject to change.  
 For more information please contact us.  
**Tina Ballard: (817) 674-2323 /**  
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# Group Exercise



**The Solana Club**  
 Health Fitness Recreation

2902 Sams School Road  
 Westlake, Texas 76262

Visit us online...  
[www.SolanaClub.com](http://www.SolanaClub.com)

**Aerobics/Yoga/Pilates**  
Aerobic Studio

**Aquatics**  
Indoor Pool

**Cycling**  
Spinning Studio

		MON	TUE	WED	THU	FRI	SAT
MORNING	5:30-6:30		Cycling				
	6:00-6:45	Step & Toning		Step & Toning			
	8:30-8:45						Abs
	8:45-9:00		Abs		Abs		
	8:45-9:45						Sports Conditioning
	8:45-9:45						Aqua
	8:45-9:45						Cycling
	9:00-9:15	Abs				Abs	
	9:00-9:45		Circuit		Cardio & Body Sculpting		
	9:15-10:15	Low Impact & Toning				Power Step	
	9:15-10:20			Step Interval			
	9:45-10:45		Yoga		Yoga		
	9:55-10:55						Yoga
MID-DAY	11:15-11:25				Abs		
	11:30-12:00	Strength		Workout Express		Pilates	
	11:30-12:15				Cycling		
	11:45-11:55		Abs				
	12:00-12:30	Yoga		Yoga Stretch			
	12:00-12:45		Cycling				
EVENING	5:30-5:45	Abs	Abs				
	5:30-6:30	Aqua	Aqua	Aqua	Aqua		
	5:30-6:30				Power Pump		
	5:45-6:30		Kickfit	Cycling			
	5:45-6:45	Cardio & Body Sculpting		Zumba			
		Cycling					
	7:00-8:00			Tai Chi			
	6:30-7:30		Yoga		Yoga		

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