

GROUP EXERCISE SCHEDULE

MONDAY

9:45am
11:00am
12:00pm
5:30pm

Classic Silver
Circuit Training
Yoga Flow
Tabata

Susie
Jodi
Jodi
Susie

TUESDAY

5:45am
8:30am
9:45am
6:00pm
7:00pm

Bootcamp
Stretch & Strength
Yoga Flow
Zumba®
POUND®

Susie
Jodi
Jodi
Jedi
Lisa

WEDNESDAY

8:30am
9:45am
5:30pm

Yoga
Classic Silver
Power Yoga

Susie
Susie
Liz

THURSDAY

5:45am
8:30am
9:45am
6:00pm
7:00pm

Bootcamp
Cardio-X
Tai Chi
Zumba®
Core & Balance

Susie
Susie
Susie
Jedi
Jodi

**Classes are held at the Angleton Recreation Center and are open to ages 13+. Individuals ages 13-15 must be accompanied by a parent or legal guardian throughout the duration of the class.*

**Class and instructors are tentative and subject to change without notice.*



Group Exercise Classes

Here at Angleton Rec Center, we offer a variety of group exercise classes for all ages and skill levels. Come join in the fun and get your blood pumping! We offer:

CORE AND BALANCE: Combines balance, strength, and flexibility, you'll focus on technique and body awareness through bodyweight exercises, resistance tubes, and weights. Enjoy lower-intensity balance and core moves between cardio bursts, leaving you with improved body control and enhanced daily function.

BOOTCAMP: Engage every muscle with a dynamic blend of strength training and conditioning that elevates your heart rate and challenges both your mind and body—all while having fun! Each session leaves you feeling strong, empowered, and accomplished.

TABATA: Tabata is a type of high-intensity interval training consisting of a four-minute workout repeated for 8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest. Different exercises of weights and cardio are utilized.

TAI CHI: The art of embracing the mind, body, and spirit. A moving meditation in the form of a series of gentle exercises that create harmony between the mind and body. Movements are fluid, graceful, circular and slow with deep breathing and mental concentration.

STRENGTH AND STRETCH: Achieve balance in body and mind. A dynamic fusion of resistance training and flexibility exercises. Build strength, improve flexibility, and leave feeling refreshed. Join us for a quick but effective session!

POUND®: Use weighted drumsticks to help you sweat your way to a rock-hard body. POUND combines cardio, strength training, and Pilates.

ZUMBA®: Get moving to fun, Latin dance routines featuring interval training that combines rhythms and resistance training.

CIRCUIT TRAINING: Get ready to sweat! Our high-energy circuit training class offers a fast-paced workout targeting every muscle group. With quick transitions between exercises, you'll torch calories and boost endurance. Join us for a power-packed session that delivers results in record time!

YOGA: Build and improve balance, strength and flexibility while finding your breath and movement. Yoga is also healing to the mind and body as well. This moderately paced class is designed to give options for all levels.

YOGA FLOW: This class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by breath. Incorporates energetic movement through a series of asanas by which the student experiences a sense of fluid physical motion.

POWER YOGA: Power Yoga is a dynamic, choreographed flow that blends yoga, Pilates, and Tai Chi, offering a challenge for all fitness levels. This class is designed to build strength, flexibility, and balance while flowing through energizing sequences.

CARDIO-X: This high-energy class combines total body resistance exercises using TRX with dynamic cardio dance movements to deliver a full-body workout that builds strength and boosts endurance. Designed to challenge and motivate, this class is suitable for all fitness levels.

CLASSIC SILVER: Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels/abilities.

