











Group Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15 AM		Group Personal Training Jowers Center Gym 219		Group Personal Training Jowers Center Gym 219	
12:00-12:30 PM		NON-PRETZEL Yoga JCK 1100	 Strength, Stretch, No Sweat LBJ 4-1.9		
12:00-12:45 PM	STEP IT UP Jowers Center Gym 219	Group Personal Training Jowers Center Gym 219	 ZUMBA toning Jowers Center Gym 219	RIPPED BEATZ Jowers Center Gym 219	Kickbox Bootcamp Jowers Center Gym 219
	YOGA Flow Jowers Center B105	YOGA Flow Jowers Center B105		R&R Yoga ॐ Jowers Center B105	
	 Aqua Mix Aqua Sports Center				 Aqua Mix Aqua Sports Center
12:15-12:45 PM		 Meditation & Deep Relaxation LBJ 4-1.9		 Strength, Stretch, No Sweat Alkek 105/106	
5:15-6:00 PM		 Aqua Mix Aqua Sports Center			
5:30-6:15 PM	Yoga Flow ॐ Jowers Center B105		Yoga Flow ॐ Jowers Center B105		
	 ZUMBA Jowers Center Gym 219	 Bellydance for Fitness & Fun Jowers Center Gym 219	 Nia Jowers Center Gym 219		

Note the following class changes (schedules can change at any time based on demand):

- Th & Fri, May 10 & 11 - classes will not meet (Commencement), however open swim at ASC will be available
- Tues May 22 - Meditation & Deep Relaxation (at LBJ 4-1.9) will not meet
- Wed May 23 – Strength, Stretch, No Sweat (at LBJ 4-1.9) will not meet
- May 28 - classes will not meet (Memorial Day)
- July 4 - classes will not meet (Independence Day)
- Fri Aug 10 - classes will not meet (Commencement), however open swim at ASC will be available
- Tues Aug 14 - Meditation & Deep Relaxation will meet in LBJ 3-7.1
- Wed Aug 15 - Strength, Stretch, No Sweat (at LBJ 4-1.9) will not meet
- Tues Aug 21 - Non-Pretzel Yoga (at JCK) will meet in the Regents Room
- Tues Aug 21 - Meditation & Deep Relaxation will meet in LBJ 3-12.1
- Wed Aug 22 - Strength, Stretch, No Sweat (at LBJ 4-1.9) will not meet
- Thur Aug 23 - Strength, Stretch, No Sweat (at Alkek 105/106) will meet in Alkek 148

WellCats services are provided by Total Wellness (Department of Health & Human Performance), Department of Physical Therapy, Nutrition & Foods (School of Family & Consumer Sciences), Department of Communication Studies, Worklife (Human Resources), & the Student Recreation Center.

WellCats Group Training Class Descriptions

WellCats group classes are taught in a non-intimidating environment by highly skilled and enthusiastic instructors, committed to providing and effective workouts. Our instructors will provide you with proper guidance so that coordination and experience are not necessary and will demonstrate modifications so that you will be able to set your own intensity.



Bellydance for Fitness & Fun – Sweat away the stress with this intense evening ride, followed by a deep, energizing stretch session to recharge your body and mind.



Group Personal Training – Featuring cardiovascular & muscular strength & endurance, and a little extra one-one with the trainer, each class will challenge the group in a new and innovative way.



Kickbox Bootcamp - These martial arts-inspired strength, endurance, and interval drills torch calories while improving overall fitness.



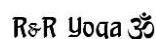
Meditation and Deep Relaxation - This class is designed for those looking for ways to slow down their thoughts, increase awareness and reduce stress. Class will begin with slow, mindful movement to get blood flowing, taking you to the present moment and will end in stillness where we will practice cultivating awareness through observation



Nia – This cardio based dance workout that blends dance, martial arts, and healing arts, to create a dynamic fitness and lifestyle practice that changes how people experience their body and exercise! Come dance, kick, stretch, and laugh with us! Experience the BLISS!



Non-Pretzel Yoga –. This class requires no prior yoga experience. This class utilizes easy-to-follow movements to help you focus on breathing, meditation, and relaxation. No special attire is necessary.



R&R Yoga – (Restore & Rejuvenate) This luxurious yoga practice flows slowly through gentle movements to calm, nourish, and rejuvenate the body.



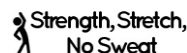
R.I.P.E.D. ® + BEATZ - “The One-Stop Body Shock”, a pre-choreographed, athletic-based workout that incorporates weights and cardio set to a rockin’ playlist, combined with our very own drum-based full-body cardio format.



Step It UP - One of the cornerstones of aerobic fitness, step aerobics is stronger than ever in this hip, modern combo of cardiovascular fitness and muscular strengthening.



Strength & Conditioning – Work to improve strength, stamina, and power using functional movements and a variety of equipment in this constantly-varied, always challenging class.



Strength, Stretch, No Sweat - This 30-minute, low intensity class requires no special attire. We can guarantee that you will leave the class feeling refreshed and ready to take on the rest of your day!



Yoga Flow – Use breathe and movement to improve strength and flexibility, soothe the soul and relax the mind.



Zumba® - Workout in a party atmosphere that fuses hypnotic Latin and International rhythms with dance and aerobic elements to improve balance, coordination, agility, muscle tone, and keep the heart healthy.



Zumba Toning® - Workout in a party atmosphere that fuses hypnotic Latin and International rhythms with dance and aerobic elements to improve balance, coordination, agility, muscle tone, and keep the heart healthy.

Water-Based Classes - Aquatic classes are open to all levels of fitness & ability; no swimming skills necessary; low to no impact; enjoy the feeling of weightlessness in this joint friendly environment; improves circulation thus decreasing swelling & discomfort; water provides both resistance & assistance to movement; & is designed to increase strength, flexibility, mobility, posture, balance & endurance.



Aqua Mix This class incorporates full body exercises of varying intensity for a fun, fresh take on the aquatic classic.



H2O+ This class mixes a variety of cardio activities and yoga poses. It is designed to raise your heart rate, lengthen your tissues, reduce stress, and increase you awareness of your breath.