

FITNESS CLASS SCHEDULE

BAYSIDE FITNESS HOURS • MON-THU 6AM-8PM • FRI-SAT 6AM-8PM • SUN 7AM-5PM • 830.598.9210

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM-9AM	WATER AEROBICS		WATER AEROBICS		WATER AEROBICS	
9AM-10AM	ZUMBA	SCULPT & STRENGTHEN		SCULPT & STRENGTHEN	ZUMBA	
10AM-11AM						
10:30AM-11:30AM	PILATES	POWER YOGA	PILATES	HATHA YOGA	PILATES	SCULPT & STRENGTHEN
2:30PM-3:30PM				PILATES FOR MEN		
5:15PM-6:15PM		CARDIO FIT		CARDIO FIT		

Private Yoga and Pilates classes available. Call for more information.

Walk-ins welcome. Check in at Bayside Spa. \$10 per class; descriptions on reverse.

Schedule and prices subject to change.

FITNESS CLASSES

Cardio Fit

This medium-intensity cardio workout focuses on interval training, basic resistance training and step moves for a complete, total body workout experience. All fitness levels welcome.

Pilates

Imagine an exercise program that you look forward to, that engages you, and that leaves you refreshed and alert with a feeling of physical and mental well-being. This Pilates matwork class enhances the fundamental understanding of core strength and stabilization and focuses on improving flexibility and strength for the total body, without building bulk.

Sculpt & Strengthen

This class for all fitness levels is designed to improve muscular strength and endurance. Each major muscle group is targeted using a variety of resistance equipment, body bars and hand weights to reduce body fat and sculpt muscles.

Water Aerobics

Use water's natural resistance to improve cardiovascular fitness, muscular strength, flexibility and endurance while decreasing stress on joints. Class is performed while standing, using belts, noodles and dumbbells.

Power Yoga

Get ready to sweat! This gently heated class will leave you feeling fit and fabulous. Poses are held longer to increase strength and flexibility. Class ends with a brief relaxation.

Hatha Yoga

This class takes traditional Hatha postures and molds them into a sequence of movements that flow with your breathing in a more vigorous series. You will transition into postures with little rest; this creates a strong cardiovascular workout.

Zumba

Begin your day with one of the most invigorating cardio workouts. Zumba is fun, exciting and different from a normal routine. Spice up your day with this calorie-burning, body-energizing class with a party-like atmosphere.

TRAINING

Personal Training Session*

Whether a beginner or an elite athlete, you can take part in a motivating personal training session with our nationally-certified fitness professionals. Each session includes a personalized workout session and an in-depth assessment of your personal health goals and fitness objectives, utilizing the most current training techniques and exercise equipment.

Partner Training*

Two train at the same time with one personal trainer.

Call 830.598.9210 to schedule training sessions.

* Cancellation Policy - 24-hour advance notice required. Schedule and prices subject to change.



HORSESHOE BAY RESORT.