NOVEMBER 2026 GROUP FITNESS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 a.m.			**Boot Camp** CHRISTI		**Boot Camp** ROBIN	**Above the Belt** RANDAL	
5:50 a.m.		**Indoor Cycling** RANDAL		**Indoor Cycling** RANDAL		**Indoor Cycling** RANDAL	
6:15 a.m.			**15-Minute Abs** CHRISTI		**15-Minute Abs** ROBIN		
6:30 a.m.		**Pumped Up Strength** RAYDENE	**Barre Express** RAYDENE	**Yoga** BETH	**Barre Express** RAYDENE		
8:00 a.m.	**Body Shaping** CHRISTI	**Silver Sneakers Classic** DIANE				**Silver Sneakers Classic** DIANE	
8:30 a.m.		**Spintervals** CHRISTI	**Indoor Cycling** CHRISTI	**Barre** BETH	**Spintervals** JACKIE	**Super Stations** RANDAL	**Indoor Cycling** ALTERNATING INSTRUCTORS
9:30 a.m.		**Ignite** ALEX	**Body Shaping** ALICIA	**Spin & Sculpt** ALICIA / **SS Classic** DIANE	**Strong & Centered** BETH	**Power Stretch & Balance** RANDAL	**Stretch & Flow** LAURIE
10:45 a.m.		**Silver Sneakers Classic** TESSA	**Yoga Stretch** LINDA	**Silver Sneakers Classic** ALICIA	**Silver Sneakers Classic** LAURIE	**Silver Sneakers Classic** ALICIA	
12:05 p.m.		**Body Shaping** MISTY	**Yoga Flow** LAURIE		**Body Shaping** ALICIA	**Pilates** MISTY	
1:30 p.m.	**Yoga** LINDA						
4:45 p.m.		**Fit HIIT** LAURIE		**Fit HIIT** LAURIE			
5:30 p.m.		**Barre** BETH	**PowerBar Pilates** MICHELLE	**Step & Strength** CHRISTI	**Kickboxing Express** MICHELLE / **Spin & Sculpt** ALICIA		
			6:30 p.m. Ab Lab MICHELLE		**6:15 p.m. Stretch & Reset**		

Waco Regional Tennis & Fitness

- **AB LAB** Your 30-minute core tune-up with serious payoff. Expect a focused mix of crunches, planks, rotational work, and stability drills that hit every angle of your core. It's efficient, challenging, and scalable for all levels—walk in, fire up your midsection, and walk out stronger, tighter, and standing taller.
- **ABOVE THE BELT** This 30-minute toning class uses a variety of equipment to focus on arms and abs.
- **BARRE** Barre uses elements of ballet, Pilates and yoga to help you achieve a "dancer's body"—strong, sleek and streamlined. The exercises rely mainly upon one's bodyweight for resistance, and the moves challenge your core stability and balance.
- **BARRE EXPRESS** This 45-minute Barre class will have you finished in time to get started with your busy day!
- **BODY SHAPING** This hour-long full-body toning class utilizes weights, resistance bands, stability balls, and more, to challenge your muscles while conditioning the entire body.
- **BOOT CAMP** This fun outdoor class will challenge your endurance, agility and strength.
- **FIT HIIT** Short-burst interval class containing cardio and weight training to get your heart pumping and sweat dripping! All fitness levels welcome.
- **IGNITE** This class is divided into three blocks of work (strength, cardio & hybrid) followed by a quick finisher. Leave feeling strong and energized, and ready to take on the week! Designed for all ages, and all fitness levels.
- **INDOOR CYCLING** Ultimate indoor cycling challenge designed to simulate a variety of terrain and training techniques guaranteed to get your heart pumpin' and your legs churnin'! Enjoy the ride to great tunes.
- **KICKBOXING EXPRESS** Unleash your power in this 45-minute high-energy class that combines martial arts with fast-paced cardio.
- **PILATES** Connect with your inner strength while improving posture and joint mobility. This class focuses on stabilization of the torso, recruiting abdominal muscles and transferring that energy to strengthen the limbs through a series of movements that will challenge you both physically and mentally. (Pilates Express: 45-minute version of this class.)
- **POWERBAR PILATES** Where spy gadget meets sculpt lab! Full body sculpt with a resistance bar, low impact, high burn, and great vibes all around! 9 spots available
- **POWER STRETCH & BALANCE** This 30-minute class is a combination of yoga stretching and core work sure to improve your flexibility and balance.
- **PUMPED UP STRENGTH** Transform traditional resistance training by pairing foundational movement patterns with high-energy music to create a powerful, results-driven workout that builds lean muscle, boosts metabolism and makes strength training fun!
- **SILVER SNEAKERS CLASSIC** Silver Sneakers is a fun, energizing program that helps older adults take control of their health by encouraging physical activity.
- **SPIN & SCULPT** 50% indoor cycling with 50% strength training—what more could you ask for?!
- **SPINTERVALS** This hour-long class of intervals of spin and strength training will fly by while giving you a full body workout.
- **STEP & STRENGTH** This one-hour class is a chance to have so much fun that you forget you are exercising! Learn fun choreography on the step, while taking time to get in some strength in intervals.
- **STRETCH & FLOW** Unwind. Stretch. Restore. This class works on flexibility, strength and balance. Perfect for all levels.
- **STRETCH & RESET** is a quick, feel-good 30-minute session designed to loosen tight muscles, improve mobility, and help your body recover. Expect simple, guided stretches that target key areas like hips, hamstrings, back, and shoulders. Perfect as a post-workout cooldown - walk in tight, walk out lighter, longer, and ready for whatever's next.
- **STRONG & CENTERED** is a total body strength and reset class. Lift heavy. Move with purpose. Stretch deeply. Breathe fully. All fitness levels welcome.
- **SUPER STATONS** This full-body workout is with a personal trainer in the weight room.
- **YOGA** This class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility.
- **YOGA FLOW** A fusion of many different styles of Yoga to strengthen, tone and stretch the body in just 45 minutes.
- **YOGA STRETCH** This is a seated, stretching and modified standing Yoga class that will gently increase range of movement. Emphasis will be on safely building muscle strength to improve balance and coordination to become steadier on your feet.
- **15-MINUTE ABS** Much more than crunches, this class uses a variety of equipment and the latest moves to tone up those core muscles.