

JANUARY/FEBRUARY FITNESS CLASSES

Ask about one-on-one **TRX Suspension Training**. A total body workout in half the time. *(Intermediate fitness level recommended.)*

Call **800.422.2736** to schedule your session today.



Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

8:15 am						Yoga Basics	
9 am	"Pot Luck" Cardio	Body Works		Body Works	Body Works	"Pot Luck" Cardio	
10 am	H2O	Mind, Body & Balance		Mind, Body & Balance	H2O	Mind, Body & Balance	
11 am		Fitness Tips		Fitness Tips		Fitness Tips	

CLASS DESCRIPTIONS

Yoga Basics (30 minutes): Beginner level.

Body Works: A total body workout to improve balance and strength.

"Pot Luck" Cardio: Old school Aerobics, Zumba Fitness or Boot Camp.

H2O: Water aerobics at its best. Low impact, high energy.

Mind, Body & Balance: Entry level pilates, yoga and tai chi.

Fitness Tips (30 minutes): Informal lecture.

Individual sessions for personal training, fitness yoga and pilates mat are also available. Please call extension 6938 for details.

- The Fitness Facilities are open Monday through Saturday from 6:30 am - 8:00 pm and Sundays from 6:30 am - 6 pm.
- All fitness activities are for individuals 16 years of age and older.
- Cardio Theater requires the use of your own personal headphones.
- Please be prompt as classes will begin on time.



NEMACOLIN
WOODLANDS RESORT

800.422.2736