



BAYSIDE FITNESS CENTER HOURS

February 29–November 8 MON – SAT 6 AM - 8 PM | SUN 8 AM - 7 PM
November 9–February 28 MON – SAT 6 AM - 7 PM | SUN 8 AM - 6 PM

GROUP EXERCISE CLASS SCHEDULE

Class schedule subject to change. • 830.598.9210

Table with 7 columns (Monday to Saturday) and 6 rows (8:00 AM to 5:15 PM) listing exercise classes like Aqua Tone, Sculpting Yoga, Cardio Kickboxing, etc.

AQUA TONE - FREDA - 60 MINUTES

Use water's natural resistance to improve cardiovascular fitness, muscular strength, flexibility and endurance while decreasing stress on joints.

KARDIO KICKBOXING - DONNA - 60 MINUTES

This class is medium to high intensity cardio workout focusing on basic kickboxing principles to tone and trim your total body.

PILATES - DIANE - 60 MINUTES

Imagine an exercise program that you look forward to, that engages you, that leaves you refreshed and alert with a feeling of physical and mental well-being.

SCULPT & STRENGTHEN - DONNA - 60 MINUTES

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.

SCULPTING YOGA - CECE - 60 MINUTES

By working your body as a whole, you'll find new sources of strength and energy and increase your overall flexibility. Light meditation is utilized to facilitate relaxation.

CARDIO FIT - ALISON (TUESDAY & THURSDAY) | DONNA (SATURDAY) - 60 MINUTES

This class is a medium intensity cardio workout focusing on interval training, basic resistance training and step moves for a complete, total body workout experience.