

# RESORT GROUP FITNESS SCHEDULE

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## MONDAY

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5:30-6:10 AM	SPIN N LIFT
6:15-7:00 AM	FLOW YOGA
8:30-9:30 AM	BOOT CAMP
9:00-9:50 AM	RIDE
10:00-10:50 AM	VERTICAL PILATES
11:00-12:00 AM	GENTLE YOGA
11:00-11:50 PM	ROLL AND RELEASE

## TUESDAY

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6:00-6:50 AM	TRIFECTA
8:15-9:15 AM	FUSION BY T4TG
9:00-9:50 AM	POWER PILATES
9:30-10:30 AM	STEP N SCULPT
10:00-10:50 AM	ZUMBA®
11:00-12:00 PM	SLOW FLOW

## WEDNESDAY

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5:30-6:10 AM	SPIN N LIFT
6:15-7:00 AM	POWER YOGA
8:30-9:30 AM	TRAIN FOR LIFE
9:00-9:50 AM	RIDE
10:00-10:50 AM	CARDIO BARRE
11:00 -12:00 PM	HATHA YOGA

## THURSDAY

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6:00-6:50 AM	PURSUIT
8:15-9:15 AM	FUSION BY T4TG
9:15-10:15 AM	ELITE RUNNERS
9:30-10:30 AM	STEP N SCULPT
10:00-10:50 AM	ZUMBA®
11:00-12:00 PM	SLOW FLOW

## FRIDAY

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8:30-9:30 AM	AMPED
9:00-9:50 AM	RIDE
10:00-10:50 AM	MAT PILATES
11:00-12:00 PM	GENTLE YOGA

## SATURDAY

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9:00-9:50 AM	PILATES CIRCUIT
10:00-10:50 AM	RIDE
10:00-11:15 AM	YOGA FOR LIFE

## SUNDAY

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9:00-10:00 AM	YOGA TUNE UP®
9:15-10:15 AM	CORE CYCLING
10:30-11:30 AM	BURN 60

All classes are \$20 per class or \$50 for unlimited classes per week.

For questions about group fitness classes, please call the Fitness Center at Ext. 4577.

- Please note, classes and instructors are subject to change without advanced notice.
- Classes are offered on a first come, first served basis.
- Entrance is not permitted after start time.
- As a courtesy to other classmates, please silence your cell phone and quietly exit the studio if you would like to make a call or text.

Thank you for your cooperation.

OMNI®  RESORTS  
barton creek | austin

# FITNESS CLASS DESCRIPTIONS

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## AMPED

Students looking for intensity will find it here. A variety of H.I.I.T exercises are incorporated to challenge, shock and surprise the body to excel.

## BOOT CAMP

A full body workout combining cardiovascular interval training with strength conditioning exercises, this class is specifically designed to challenge students both aerobically and anaerobically.

## BURN 60

Move non-stop between drills and strength and stamina challenging moves for a total body workout. While modifications are provided, this class is not recommended for beginner exercisers.

## CARDIO BARRE

Pair the sculpting power of small, focused repetitions with the calorie burn of bigger movements and bursts of cardio. Tone your entire body and improve your muscular endurance as you work on the ballet barre while we incorporate light handheld weights, a ring and ball.

## CORE CYCLING

Target two muscle groups for the price of one! 40-minutes of heart pumping spinning and 20-minutes of pure strength core exercises, targeting your abs, back and all supporting postural muscles.

## ELITE RUNNERS

Challenge your “inner runner” by joining our running workout to improve your race times or personal fitness goals. Workouts include high intensity track intervals, hills and tempo runs. Push yourself to become faster and stronger!

## FLOW YOGA

A Vinyasa flow class with graceful sequences to relax your body, mobilize your joints and get your day going. Great warm up for runners and golfers.

## FUSION BY T4TG

This unique hybrid class taught by Train 4 the Game (T4TG) blends 25-minutes of spin followed by 25-minutes of total body workout. Work every muscle within your legs, core and upper body to ensure you achieve all your fitness goals.

## GENTLE YOGA

This Hatha based class moves at a slower pace to ensure proper form and breathing patterns. Props will be used to make all postures accessible.

## HATHA YOGA

Hatha yoga uses body postures, breathing techniques and meditation to increase strength and flexibility in the body, steadiness in the mind and a calm nervous system.

## MAT PILATES

Increase your flexibility as you flow through a series of dynamic movements that restore balance to core muscles of the lower back and abdominals. In this class of focus and self-awareness, small balls, bands and magic rings may be used.

## PILATES CIRCUIT

Students are challenged to use the alignment and technique of Pilates while moving quickly between exercises in a circuit style.

## POWER PILATES

Use all the core muscles in this fast-paced purely mat class. Build a lean and long physique while improving your posture and flattening your abdomen.

## POWER YOGA

A Hatha yoga class with powerful flow that is sure to wake you up and get you ready for the day, this class emphasizes breath and body movements while focusing on balance and intention.

## RIDE

This cycling class utilizes both rhythm and conditioning drills, along with inspiring and motivational music for an exciting and intense workout.

## RISE AND SHINE YOGA

Designed for experienced yoga students, vinyasa-based sequences will encourage students to find their inner teacher through the techniques of mindful breathing and healthy alignment.

## SLOW FLOW

This Yoga class allows the student to move mindfully while gaining strength and flexibility. Each movement is based on alignment and deepened through the breath. The student will gain a greater understanding of the body and breath connection. All levels welcome, modifications offered throughout.

## SPIN N LIFT

Start off your morning with an exhilarating 25-minute cycling session followed by a challenging upper body, lower body and core workout designed to challenge and strengthen with quick results. This class will surely rev up your morning.

## STEP N SCULPT

Start off your day with a vigorous step routine to tone your legs combined with sculpting stations for your upper body, lower body, and core. All levels welcomed to participate.

## TRAIN FOR LIFE

This functional fitness class focuses on developing proper movement patterns and stability to awaken underutilized muscles.

## TRIFECTA

Combining strength, cardio and resistance training, Trifecta is the perfect all around workout offering maximum results in minimum time. You'll perform 3 mini workouts with 3 moves in 3 minutes, 3 times.

## VERTICAL PILATES

This fast-paced mat-based workout is designed to help participants develop leaner muscles, establish core strength and heighten mind-body awareness.

## YOGA FOR LIFE

Students will learn how to apply the energetic principles of yoga through increased awareness to find greater balance and ease in everyday living.

## YOGA TUNE UP ®

Experience a whole body and mind reset, integrating precise myofascial release, core conditioning and functional movement to improve your coordination and performance. All levels are welcome.

## ZUMBA®

Take the “work” out of your workout as you let the Latin and world rhythms take over. Zumba® mixes low-intensity and high intensity moves for an interval-style, calorie burning dance fitness party for everybody.