

GROUP EXERCISE CLASS DESCRIPTIONS

BARBELL BLAST Take awesome, high-energy music, then add barbells that can be adjusted from three to 63 pounds, and you have the hottest workout in fitness!

BENDER BARRE This method, created by fitness expert Leslee Bender, will sculpt your body, improve balance, foster better posture and increase overall strength. No dance experience necessary.

BODY SCULPT Safely build muscular strength and definition with hand weights or exer-tubes. Exercises depend on instructor.

BODYSHRED Jillian Michaels’ BODYSHRED is a high-intensity and endurance-based 30-minute workout utilizing a 3-2-1 interval format: 3 minutes of strength; 2 minutes of cardio; and 1 minute of abs.

BOOT CAMP A high-energy, full-body workout that improves dynamic flexibility, core stability, muscular strength/endurance and cardiovascular conditioning. Class is outdoors on the lawn.

CLASSICS BODY SCULPT A fun and challenging strength class designed for adults 50+.

CLASSICS CORE Improve your posture and balance, and build strength and stamina in torso muscles that support the spine.

CLASSICS DANCE Cotton-eyed Joe, Electric Slide, Cha-Cha, Salsa! When partners permit, we’ll Jitterbug, Two-Step, Waltz and more.

CLASSICS PILATES Pilates for the mature adult. Experience improvement in posture, increased strength, correct breathing techniques and reduction in stress levels.

DALLAS DANCE FITNESS Jam to the latest hit music and the occasional old favorite in this high-energy cardio dance class! Dallas Dance Fitness is a no-judgment zone, so come enjoy the music, learn a few moves, have a laugh and burn a ton of calories!

FREEMOTION Set your body free! This is a resistance class using the FreeMotion tower. Build strength, stamina and functional core stability. Space is limited. Please arrive 10 minutes early for class set-up.

HARD CORE With more than crunches, this class will rock you from your core out. Hard Core simultaneously works the abs, back, hamstrings, quads and glutes.

HIIT (HIGH-INTENSITY INTERVAL TRAINING) This interval class incorporates strength and cardio exercises in timed intervals followed by a quick recovery. Achieve maximum calorie burn with incredible cardiovascular conditioning.

INDOOR CYCLE Join us in the cycle studio for a fun, non-impact group cycling workout that is safe for anyone. Limited space.

PILATES MAT Increase torso strength and stabilization with these yoga-based mat exercises. Flexibility will improve as you focus and breathe in this balanced regimen.

PI-YO-BARRE Enhance strength, muscular symmetry, alignment, flexibility and coordination with a blend of Pilates, yoga, and barre.

RIPPED-THE ONE STOP BODY SHOCK™ This high-intensity program, utilizing free weights and body weight, combines the components of R.I.P.P.E.D. (Resistance, Intervals, Power, Plyometrics, Endurance, along with Diet suggestions) to help you attain and maintain your physique.

SATURDAY MORNING FEVER A team-taught dance class with four of your favorite dance teachers. This class is held one Saturday per month at 10 a.m. Watch the schedule regularly to see when and who will set your Saturday morning on fire!

SATURDAY MORNING REVOLUTION A team-taught cycle class with two of your favorite cycle teachers. This class is held one Saturday per month at 8:45 a.m. Watch the schedule regularly to see when and who will set your Saturday morning on fire! Space is limited.

STUDIO JAM Time to let your inner dancer out and jam your way to a healthier, fitter you! You’ll move and groove to everything from today’s hits to old-school classics.

TAI CHI Exercise in the Chinese tradition. The flowing, rhythmic movements increase strength of muscles and joints, improve flexibility and balance and reduce stress.

TOTAL BODY Alternating step aerobics and resistance exercises give an excellent, all-around workout in record time.

VIRTUAL PILATES MAT Increase your core strength and flexibility with these Pilates classes led by a virtual instructor.

ZUMBA Ditch the workout and join the party! Zumba fuses Latin and international music with easy-to-follow dance steps.



COOPER FITNESS CENTER
GROUP EXERCISE
AEROBICS | CYCLING | MIND/BODY



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 A.M.	5:15-6:15 A.M. INDOOR CYCLE 2/3 Rick		5:15-6:15 A.M. INDOOR CYCLE 2/3 Rick				
6 A.M.	6-7 A.M. FREEMOTION 1/2 Alexis	6-7 A.M. INDOOR CYCLE 2/3 Kim Z.	6-7 A.M. BARBELL BLAST 1/2/3 Alexis	6-7 A.M. INDOOR CYCLE 2/3 Kim C.			
7 A.M.		6:15-6:45 A.M. BODYSHRED 2/3 Amanda		6:15-6:45 A.M. BODYSHRED 2/3 Amanda			
	7-7:30 A.M. CLASSICS PILATES 1 Louise	7-7:30 A.M. CLASSICS BODY SCULPT 1 Mary Ellen	7-7:30 A.M. CLASSICS PILATES 1 Jill S.	7-7:30 A.M. CLASSICS BODY SCULPT 1 Mary Ellen	7-7:30 A.M. CLASSICS PILATES 1 Jill S.	7:15-7:45 A.M. BODYSHRED 2/3 Amanda	
8 A.M.				8-8:45 A.M. PILATES 1 Virtual Class		7:30-8:30 A.M. INDOOR CYCLE 2/3 Kim Z.	
						8-8:45 A.M. STUDIO JAM 1/2/3 Scotty	
						8:45-9:45 A.M. INDOOR CYCLE 2/3 Kris F.	
9 A.M.	9-9:55 A.M. STUDIO JAM 1/2/3 Christine	9-9:45 A.M. DALLAS DANCE FIT 1/2/3 Alana & Michelle Mann	9-9:55 A.M. HIIT 2/3 Mariana	9-9:45 A.M. ZUMBA 1/2/3 Linda	9-9:55 A.M. STUDIO JAM 1/2/3 Christine	9-9:55 A.M. FREEMOTION 1/2/3 Scotty	
	9-9:55 A.M. PILATES MAT 1/2 Carla	9-9:55 A.M. PI-YO BARRE 2 Meg	9-9:55 A.M. PILATES MAT 1/2 Lis	9-10 A.M. INDOOR CYCLE 2/3 Marianna	9-9:55 A.M. PI-YO BARRE 2 Meg	9-9:55 A.M. PILATES 1/2 Jill S.	
	9-10 A.M. INDOOR CYCLE 2/3 Lori	9-10 A.M. INDOOR CYCLE 2/3 Kim C.	9-10 A.M. INDOOR CYCLE 2/3 Kris F.	9:45-10:45 A.M. BENDER BARRE 1/2/3 Christine	9-10 A.M. INDOOR CYCLE 2/3 Lori		
		9:45-10:45 A.M. BARBELL BLAST 1/2/3 Michelle Miller					
10 A.M.	10-10:40 A.M. BENDER BARRE 1/2/3 Christine	10-10:55 A.M. PILATES MAT 1/2 John	10-10:40 A.M. HARD CORE 2/3 Angela	10-10:55 A.M. PILATES MAT 2 Donna	10-10:40 A.M. BODY SCULPT 1/2/3 Meridan	10-10:55 A.M. DALLAS DANCE FIT 1/2/3 See Online Schedule	
	10:45-11:30 A.M. CLASSICS BODY SCULPT 1 Caryn	10:45-11:30 A.M. CLASSICS CORE 1 Michelle Miller	10-10:55 A.M. PILATES MAT 1 Meridan	10:45-11:45 A.M. CLASSICS DANCE 1/2 Pat	10-10:55 A.M. PILATES MAT 2/3 John	10-10:45 A.M. INDOOR CYCLE 1/2 Meridan	
			10-11 A.M. TAI CHI 1/2/3 Mike		10:45-11:30 A.M. CLASSICS BODY SCULPT 1 Meridan		
			10:45-11:30 A.M. CLASSICS BODY SCULPT 1 Marilyn				
11 A.M.						11 A.M.-12 NOON TAI CHI 1/2/3 Mike	VIRTUAL CLASS COMING SOON
						11 A.M.-12:15 P.M. TOTAL BODY 2/3 Blые	
12 P.M.	12 NOON-12:55 P.M. BOOT CAMP 2/3 James	12:15-1 P.M. INDOOR CYCLE 2/3 Meridan	12 NOON-12:55 P.M. BOOT CAMP 2/3 Shannon E./Stephanie	12:15-1 P.M. INDOOR CYCLE 2/3 Marni	12 NOON-12:55 P.M. BOOT CAMP 2/3 Ryan		
	12:15-1:15 P.M. BARBELL BLAST 1/2/3 Scotty		12:15-1 P.M. BODY SCULPT 1/2/3 Jill S.		12:15-12:45 P.M. BODYSHRED 1/2/3 Donna		
	VIRTUAL CLASS COMING SOON		VIRTUAL CLASS COMING SOON				
3 P.M.							3-4:30 P.M. INDOOR CYCLE 3 See Online Schedule
4 P.M.		VIRTUAL CLASS COMING SOON		VIRTUAL CLASS COMING SOON	4-4:45 P.M. PILATES 2 Virtual Class	VIRTUAL CLASS COMING SOON	
5 P.M.	5-5:55 P.M. TAI CHI 1/2/3 Mike	5:45-6:30 P.M. FREEMOTION 1/2/3 Scotty	5:30-6:25 P.M. PILATES MAT 1/2 Marcella	5:45-6:30 P.M. FREEMOTION 1/2/3 Scotty		4:30-5:30 P.M. BARBELL BLAST 1/2/3 Scotty	
	5:30-6:25 P.M. PILATES MAT 1/2 Jill S.			5:45-6:45 P.M. PI-YO BARRE 1/2 Kris J.			5:45-6:45 P.M. PILATES MAT 1/2 Viviana
6 P.M.	6-6:45 P.M. STUDIO JAM 1/2/3 Scotty	6:30-7:30 P.M. BARBELL BLAST 1/2/3 Scotty	6-6:55 P.M. RIPPED 2/3 Scotty & Donna	6:30-7:30 P.M. BARBELL BLAST 1/2/3 Sallie			
	6-7 P.M. INDOOR CYCLE 2/3 Jill B.		6-7 P.M. INDOOR CYCLE 2/3 Rick				

CLASS LOCATIONS

CYCLING STUDIO

AEROBICS STUDIO

TRAINING STUDIO

SOUTH LAWN

MIND/BODY STUDIO

CLASS MODIFICATIONS

REGISTRATION REQUIRED

VIRTUAL CLASS

HEART RATE TRACKING

CLASS LEVELS

1

BEGINNER

2

INTERMEDIATE

3

ADVANCED

KEY

CLASS ETIQUETTE

THE NEWCOMER

If you are new or have any special considerations, please inform your instructor prior to class to best assist you.

THE WARM UP

For your safety and fitness benefit, it is important that you attend the warm up. As a courtesy, please do not enter a class if you are more than 10 minutes late. If you are attending a mind/body class, please do not enter if you are more than five minutes late.

GROUP ACTIVITY

To support class consistency and focus, it is important to participate as part of the group. Modifications are provided as necessary.

FUN AND FOCUS

We encourage participants to verbally express their enjoyment in class—cheering is welcome! However, please reserve conversations until after class.

ELECTRONIC DEVICES

We ask participants to refrain from bringing electronic devices (for example, cell phones, tablets, laptops, etc.) to class.

SAFETY PLEASE

Research shows utilizing hand weights during aerobic/cardio exercise increases risk of injury. Please follow the instructor’s directions for your safety.

PERFUME/COLOGNE

In consideration to all participants in class, please refrain from wearing perfume or cologne.

THE COOL DOWN

If you must leave class early, please walk the track to gradually decrease your heart rate.