

GROUP EXERCISE SCHEDULE



2101 Airline Road Corpus Christi, TX 78468-8150 • 361-992-7100 • www.ccathleticclub.com

Club Hours: MON–THUR: 5:00am-10:30pm • **FRI:** 5:00am-9:30pm • **SAT:** 7:00am-7:00pm • **SUN:** 8:00am- 7:00pm

The Corpus Christi Athletic Club Group Exercise Program offers a wide variety of classes for members of all fitness levels. Our instructors are the finest in the Corpus Christi area, with the knowledge and experience to provide a safe and fun atmosphere in each class. Group Exercise Classes are free with membership.

For questions and input contact our Group Exercise Team Leader at **361-992-7100 ext.1159** or groupexercise@ccathleticclub.com.

Schedule Subject to Change

MIND BODY DANCE STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Yoga Anastasia (45 minutes)		Restorative Yoga Debra			
8:00am	Standing Pilates Debra (8:30)	Tai chi & QiGong Danielle H.	Standing Pilates Katie (8:30)	Basics 101 Danielle H.	Standing Pilates Debra (8:30)	Restorative Yoga Debra	
9:00am	Muscle Power Hr Nancy		Muscle Power Hr Katie		Zumba Anastasia		
9:15am		Pilates Tabatha		Pilates Tabatha		Yogalates Debra	
10:00am	Core Training Katie		Tai chi & QiGong Danielle H. (25min)		Core Training Katie		
10:30am	Yoga Salinda (1.25 hr.)	Yoga Helen	BodyFlow Danielle H.	Yoga Helen	BodyFlow Danielle H.	Restorative Yoga Debra (1.25)	
12:00pm			Yoga Anastasia		Restorative Yoga Debra		
1:00pm							Tai chi & QiGong Danielle H. (25min)
1:30pm							BodyFlow Danielle H.
5:30pm		BodyFlow Lisa B.		Yoga Nargiza			
5:45pm			Yogalates Debra				
6:45pm	Power Vinyasa Yoga Nargiza.	Yoga Helen	Power Vinyasa Yoga Nargiza	Yoga Helen			

STUDIO A

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	BODYPUMP Sharon M.	Athletic Challenge Blanche	Body Pump Dolly	Body Combat Michelle T	Body Pump Anne Marie		
8:00am	Body Vive Danielle H.		Body Vive Danielle H.		Body Vive Danielle H.	Body Combat Michelle T.	
8:05am		Body Pump Nancy		Body Pump Josie			
8:10am						Body Combat Michelle T.	
9:00am	Body Step Monica		Body Step Monica		Body Step Monica		
9:15am		Body Combat Katie		Athletic Challenge Josie		Body Step Sherry	
10:05am	Body Pump Monica		Body Pump Monica		Body Pump Josie		
10:15am		SH'BAM Monica		SH'BAM Monica		Body Pump Monica (10:20)	
11:10am		CXWORX Monica		CXWORX Monica			
11:30am						Body Attack Trisy	
11:45am							Body Step Mindy
12:15pm	Body Attack Monica	Body Pump Josie		Body Pump Monica			
1:00pm							Body Pump Nancy
4:25pm	Body Step Athletic Sherry	Body Pump Sharon	Body Step Carrie	Body Pump Trisy			
5:00pm							CXWORX Cara
5:30pm	Body Pump Cara	Body Attack Trisy	Body Pump Lacy	Body Step Carrie	Insanity Cara		Body Combat Mario (5:35)
6:35pm	Body Combat Michelle T.	Body Pump Trisy	Body Combat Mario / Veronica	Body Pump Cara	Body Step Sherry		
7:45pm	Body Pump Nancy	Body Step Mindy	Athletic Challenge April	Body Attack April			

STUDIO B

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00am	Line Dancing Carolyn	Morning Groove Lisa	Line Dancing Carolyn	Zumba Lisa		Athletic Challenge Josie	
9:00am	Body Combat Katie	Barre Friendly Alicia	Zumba Lisa	Barre Friendly Katie	Cardio Kickboxing Bethany	Cardio Salsa Sandra (9:15)	
10:00am			Core Training Josie				
10:15am	Piloxing Alicia	Muscle Power Hour Lisa		Piloxing Knockout Anastasia	Barre Friendly Anastasia	Zumba Sandra	
12:30pm							Zumba Ricardo
4:45pm	Cardio Barre Heather						
5:00pm		CXWORX Cara					
5:45pm	Cardio Salsa Sandra	SH'BAM Anne Marie	Cardio Salsa Sandra	SH'BAM Trisy			
6:45pm	Zumba Anne Marie	Zumba Toning Anne Marie	Zumba Sandra	Zumba Toning Roy			

STUDIO C - CYCLING STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	RPM + Blanche		Cycle to the Core Blanche		The Journey Blanche		
8:00am						Road Ride Monica	
9:00am	Road Ride Ashley	The Journey Blanche	RPM Josie	The Journey Blanche	RPM Josie	RPM + Else / Cecy (9:15)	
10:30am			Cruisin' for 30 Debra				
12:15pm			The Journey Katie				Sunday Ride Debra / Monica (12:00)
5:15pm	Road Ride Debra		RPM Trisy				
5:45pm		Road Ride Bethany		RPM + Sharon			

REC POOL – WATER-AEROBICS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Josie	Lisa	Claudia	Lisa	Katie
1:00pm	Fit & Fun Debra	Fit & Flow Lisa		Fit & Fun Lisa	Fit & Fun Bob
6:00pm	Lisa		Aqua Zumba Lisa		

LAP POOL – DEEP H2O CONDITIONING

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	Lisa				Lisa	
10:00am						Hydro Challenge Shannon
6:00pm		Lisa		Lisa		

CLASS DESCRIPTIONS

AQUA ZUMBA

All the fun of Zumba with the gentle support of the water. It's a "pool party" workout! All levels! (60 min)

ATHLETIC CHALLENGE

A non-stop conditioning class with athletic skills, plyometric drills and core strength training. (55min)

BARRE FRIENDLY

A basic BARRE workout using high repetitions of small precise movements to tone muscle, build strength, teach muscle control & improve overall posture. (55 minutes)

BASICS 101

Safe & effective workout with an assortment of low impact cardio, balance and postural focus. Great for rehabilitation & beginners.

BODYATTACK

A 55-minute sports inspired, hi/lo cardio workout for building strength and stamina!

BODYCOMBAT

Martial arts based fitness program with moves from karate, taekwondo, Kung Fu, Kickboxing, Muay Thai & Tai Chi. (55 min)

BODYFLOW

A 55-minute yoga, tai chi & Pilates workout that leaves you feeling long, strong, centered & calm.

BODYPUMP

A revolutionary weight-training workout that strengthens, tones and defines every muscle in your body.

BODYSTEP

A simple, athletic step workout with high intensity intervals followed by muscle conditioning tracks. (55 min)

BODYSTEP ATHLETIC

A Bodystep class for those who want a more intense workout with power & strong functional step training.

BODYVIVE

A 55-minute low impact class integrating cardio fitness, resistance training and stretching & mobility work.

CXWORX

A revolutionary core training class taught with power & precision. Get a stronger body in 30 minutes!

CARDIO BARRE

Unique high energy no impact class combining Barre with light weights, with continued fat burning motion.

CARDIO KICKBOXING

Combines martial arts techniques with fast paced cardio for a fun and challenging workout.

CARDIO SALSA

A Latin style hi/lo dance aerobics class. Great cardio! Open to all levels. (55 min.)

CORE TRAINING

25 minutes of abdominal & lower back strengthening exercises.

CRUISIN' FOR 30

A fun & active ride suitable for all levels.

CYCLE TO THE CORE

45-minute Road Ride plus 15 minutes of Core Training. (60 min)

FIT & FLOW

Resistance & core training using bells, kickboards & noodles followed by traditional yoga poses adapted for the water.

FIT & FUN

An adult recreational aquatic exercise program designed to accommodate the abilities of individuals with limitations. The class improves muscular strength, endurance and flexibility. (60 min.)

THE JOURNEY

Venture into new territory in this 60-minute cycle class designed to help improve performance, endurance and strength.

LINE DANCING

Fun & exciting country line dance instruction for cardiovascular fitness. (55 min)

INSANITY

Athletic training designed to get you in the best shape of your life! Cardio & strength drills. All levels. (50 min)

MORNING GROOVE

A variety of dance styles in one class.

MUSCLE POWER HOUR

100% pure muscle sculpting from head to toe using a variety of equipment. (55 min.)

PILATES

A strength and flexibility training class, utilizing exercises developed by Joseph Pilates. (55 min.)

PILOXING

A high energy fusion of Pilates, Boxing and dance! (55 min)

PILOXING KNOCKOUT

A 45-minute high-intensity workout including boxing functional movements, cardio and plyometrics. All levels welcome.

POWER VINYASA YOGA

An invigorating vinyasa sequence designed to create inner heat. For those who seek to deepen & empower their practice. All levels welcome.

RESTORATIVE YOGA

A combination of gentle Hatha and restorative work. Improves range of motion & joint mobility reducing the effects of stress.

ROAD RIDE

Taking stationary cycling to a whole new dimension by adding great music, a motivational instructor, and a group exercise setting. All levels welcome. Bring a friend and have fun! (45 min.)

RPM

A 50-minute indoor cycling class based on outdoor riding. Ride to inspirational music over the equivalent of 20–25 kilometers of varied terrain, controlling the intensity of your workout with a resistance dial and pedal speed.

RPM +

Go the distance! A 60-minute RPM class with 2 additional song tracks! Test your endurance level.

SH'BAM

A simple but seriously hot dance class set to a soundtrack of chart topping popular hits. (45min)

STANDING PILATES

A 30-minute mat based Pilates class in the standing position. Focus is on posture, balance, & core strength.

SUNDAY RIDE

A little something special & different every Sunday, from RPM, Road Ride or The Journey. Come cycle with us!

TAI CHI & QIGONG

Slow graceful movements & synchronized deep breathing. Works on posture, core strength & flexibility.

WATER-AEROBICS

An aerobic, total body workout performed in chest deep water. (60 min.)

HYDRO CHALLENGE

Strength & conditioning intervals both in and out of the water; wear appropriate pool attire. Goggles are optional.

DEEP H2O CONDITIONING

A deep-water class open to all levels. Great cardio with no hard impact! Meet in the lap pool. (55 min.)

YOGA

A practice of adopting awareness, utilizing deep, rhythmic breathing and controlled postures. (55 min.)

YOGALATES

Combo of standing & mat Pilates and yoga. Strengthen, lengthen and tone.

ZUMBA

"To move fast & have fun!" 55 minutes of easy to follow dance moves: Meringue, Cumbia, Salsa & Reggaetón! Ditch the workout and join the party! Open to all levels!

ZUMBA GOLD

A low impact version of Zumba. (45 min)

ZUMBA TONING

An awesome combination of great music, cardio and toning with hand weights! (55 min)