

Bradshaw Fitness Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FITNESS CLASSES						
1st Floor: Studio Classes (A) or (B), Fitness Floor Classes (FF), Basketball Court (BC) 2nd Floor: *Pilates Reformer Studio,						
5:05-6a.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	
8-8:50 a.m.	Fun Fitness (BC)		Fun Fitness (BC)		Fun Fitness (BC)	
8:30-9:15 a.m.		Fall Prevention (B)		Fall Prevention (B)		
9-9:30 a.m.	Functional Fitness _(FF)		Functional Fitness _(FF)		Cardio Core (A)	
					Functional Fitness _(FF)	
9-9:50 a.m.	Silver World Dance Jam _(A)	Pilates Plus Stretch (A)	Intervalocity (A)	Pilates Plus Stretch (A)	Tai Chi (B)	Group Strength (A)
	Tai Chi (B)		Tai Chi (B)			CrossFit**
10-10:50 a.m.		Adv. Balance/Strength _(FF)	Fascia Fix (B)	Adv. Balance/Strength _(A)		
	New Life Active Adult (A)	Fascia Fix (A)	New Life Active Adult (A)	Fascia Fix (B)	New Life Active Adult (A)	Zumba (A)
11-11:50 a.m.	Diabetic Exercise* _(ff)	Yoga For Arthritis (A)		Yoga For Arthritis (A)	Diabetic Exercise* (A)	
	Yoga For Arthritis (A)	(A) reserved till 12:15p	Diabetic Exercise* (A)	(A) reserved till 12:15p		
11:30-12p.m.	Ab Express _(B)		Ab Express _(B)			
12-1:00 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	All group exercise classes must maintain an avg. of eight participants. If not, the class will be removed.
4:30-5p.m.		PUSH! _(FF)		PUSH! _(FF)		
4:30-5:30 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**		
5-5:50 p.m.	Yoga (A)	HIP HOP FIT 5:15PM (A)	Yoga (A)	HIP HOP FIT 5:15PM (A)	Yoga (A)	
5-5:25p.m.		HIIT it Hard (B)	HIIT it Hard (B)	HIIT it Hard (B)		
5:30-5:55p.m.		Active Restore (B)	Active Restore (B)	Active Restore (B)		
5:30-6:30 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**	CrossFit**	
6-6:50 p.m.	Core and Glutes (A)	Zumba (A)	Core and Glutes (A)	Zumba (A)		
	Psyling _(B)					
6:30-7:30 p.m.	CrossFit**	CrossFit**	CrossFit**	CrossFit**		
7-7:50 p.m.			Fascia Fix (B)			
7-7:50 p.m.	Yoga (A)		Extended Yoga (A)			

AQUATIC CLASSES						
Classes in exercise pool unless noted, (T)=Therapy, (L)=Lap 6ft. Lane						
7-7:45 a.m.	Beginning Swim* (L)		Beginning Swim* (L)		Beginning Swim* (L)	
8-8:50 a.m.	Power Water (E & L)		Power Water (E & L)		Power Water (E & L)	
9-9:50 a.m.	Aquatics Plus	HydroMix	Aquatics Plus	HydroMix	Aquatics Plus	HydroBurn
9:50am-10:50a.m	Advanced Swim* (L) 2lanes		Advanced Swim* (L) 2lanes		Advanced Swim* (L) 2lanes	
10-10:50 a.m.	H ₂ O Arthritis _(T)	Aqua Fun (10:30am)	H ₂ O Arthritis _(T)	Aqua Fun (10:30am)	H ₂ O Arthritis _(T)	HydroSculpt
11-11:30 a.m.						Mind-Body H ₂ O _(T)
2-2:50 p.m.	Power Water		Power Water			
3-3:50p.m.	Aqua Chi (T)		Aqua Chi (T)			
6-6:50 p.m.	Aquatic Body Sculpting	HydroMix (E & L)	Aquatic Body Sculpting	HydroMix (E & L)		
7-7:30 p.m.		Mind-Body H ₂ O (T)		Mind-Body H ₂ O (T)		

WELLNESS SUPPORT	FOR YOU	281-649-3500
No Xcuses A.M. Fitness Camp 6-6:50 a.m. JAN 7-FEB 2 M,W,F Members \$159 Non-members \$185 Grief Support Group- Mondays, 6:30-730p.m. ECR 2ND FL Mindfulness- Wednesdays, 6:30-7:30 p.m. ECR 2ND FL	**CrossFit Altus ** To join or for more information, contact crossfitaltus@hbu.edu for pricing and info or Danny Vanaphan 832.859.0664 The CrossFit Altus box is located next to the basketball court.	