

EVERYTHING IS FREE!

Downstairs Studios		1:30pm-1:50pm	2:00pm-2:20pm	2:30pm-2:50pm	3:00pm-3:20pm	3:30pm-3:50pm	4:00pm-4:20pm
AustinVentures StudioTheater (AVST) (DOWNSTAIRS)	Class	Body Burn HIIT	Pilates Barre Booty Workout	Barre Yoga Fit	Bollywood Cardio & Tone	OnCore Fusion	CardioFunk
	Instructor	Jenny Alperin	Vlada Sheber	Tara Alperin	Divya Dinakar	Ramsay Wall	Ramsay Wall
Armstrong /Connelly Studio (DOWNSTAIRS)	Class	Zumba®	Cardio Dance Workout	Bollywood Cardio & Tone	Cardio Hip Hop	Cardio Hip Hop	20 Minute Stretch
	Instructor	Phil Amador	Jenny	Divya Dinakar	Lauren Parra	Lauren Parra	Lauren Parra
AdlerLand Studio (DOWNSTAIRS)	Class	GlideBoard Cardio Workout	GlideBoard Cardio Workout	GlideBoard Cardio Workout	GlideBoard Cardio Workout	Upside Down Workout	Upside Down Workout
	Instructor	Tyler Guthrie	Marisa Cappelli	Marisa Cappelli	Marisa Cappelli	Tara Alperin	Tara Alperin
Upstairs Studios		1:30pm-1:50pm	2:00pm-2:20pm	2:30pm-2:50pm	3:00pm-3:20	3:30pm-3:50pm	4:00pm-4:20pm
Shiflet Studio: (UPSTAIRS) ASK THE EXPERTS! Health & Wellness Presentations	Class	<i>"Is Your Workout Causing Shoulder Pain? Let's Talk"</i>	<i>"The Miraculous Power of Food and Exercise for the Mind, Body and Soul"</i>	<i>"It's Time Texas Community Challenge. Lead the way to healthy!"</i>	<i>"The Action Gap" Do you want to be healthy & fit but just can't keep at it?</i>	<i>"Healthy Eating Habits" from a registered dietician</i>	<i>Death by Chair! "Stand UP! Your Chair is Killing You!"</i>
	Instructor Presenter	Vanessa Muncrief, PT, Select Physical Therapy	Dr. Ryan Ince, MD, Seton Healthcare	Caroline Fothergill, It's Time Texas	Vicki Parsons, Director, Butler Center for Dance & Fitness	Claire Siegel, RD, Snap Kitchen	Vicki Parsons, Director, Butler Center for Dance & Fitness
Pilates Center (UPSTAIRS) - Pilates Reformer - Limited to 11 - sign up in advance in the Lobby	Class	Intro to Pilates Reformer	Intro to Pilates Reformer	Intro to Pilates Reformer	Intro to Pilates Reformer	Intro to Pilates Reformer	Intro to Pilates Reformer
	Instructor	Elise Pekarek & Vlada Sheber	Elise Pekarek & Alex Miller	Elise Pekarek & Vlada Sheber	Elise Pekarek & Vlada Sheber	Elise Pekarek & Vlada Sheber	Elise Pekarek & Vlada Sheber
Kodosky Studio (UPSTAIRS) - GlideBoard Limited to 7 per time - 1st come	Class		Arms & Abs	Better Balance & Movement	OnCore Fusion		
	Instructor		Brittany Harpole	Vicki Parsons	Ramsay WALL		
Herman /Verastique Studio (UPSTAIRS)	Class	Pilates Mat Workout	Pilates Cardio	Lower Body Workout	Pilates Cardio	Body Sculpting	Body Sculpting
	Instructor	Felicia McBride	Tyler Guthrie	Tyler Guthrie	Alex Miller	Toni Bravo	Toni Bravo
Mills/Ruiz Studio (UPSTAIRS)	Class	Foam Roller	Stretch & Tone Conditioning	Stretch & Resistance Band Workout	Ballet Fit	Ballet Fit	Bollywood Cardio & Tone
	Instructor	Brittany Harpole	Tara Alperin	Alex Miller	Jenny Alperin	Jenny Alperin	Geeti Mahajan
Downstairs Lobby & Upstairs Lounge		Kind & Healthy Snacks, Snap Kitchen, Seton BMI Testing, Select Physical Therapy, Super Fun Yoga Pants, Health & Fitness Information & Resources, Spin the Prize Wheel, Register for Grand Prize Drawings!					

~ Over for a description of Get Fit! Featured Classes



**Indicates that the class is offered on our regular drop-in dance & fitness class schedule year-round. Start any time! Drop in when you can.*

++Indicates that the class is offered as an enrollment-based Fitness/Pilates Workshop for Adults beginning in January – ask about enrolling!

20-Minute Stretch* (4:00pm – Armstrong/Connelly Studio downstairs)

A total-body stretch focusing on stretching out and lengthening muscles to increase overall flexibility.

Arms & Abs* (2:00pm - Kodosky Studio upstairs)

Focuses on toning and strengthening arms, shoulders, and abs.

Ballet Fit* (3:00pm & 3:30pm – Mills/Ruiz Studio upstairs)

The principles of ballet are combined with strength-training exercises to work major muscle groups. Think Ballet Barre Boot Camp!

Barre Yoga Fit* (2:30pm – AV Studio downstairs)

Combining the best of a barre workout with yoga to give you a workout that will change the way you feel and look.

Better Balance & Movement++ (2:30pm – Kodosky Studio downstairs)

This class includes a series of simple brain and muscle exercises to strengthen and maintain the balance network as we age.

Body Burn HIIT Workout++ (1:30pm – AV Studio downstairs)

Combining both cardio and strength exercises burns more calories per minute than other methods, so get ready for this metabolism-boosting workout.

Body Sculpting* (3:30pm & 4:00pm – Herman/Verastique Studio upstairs)

This low impact strengthening class will help sculpt your entire body.

Bollywood Cardio & Tone* (2:30pm – Armstrong/Connelly Studio downstairs, 3:00pm in AV Studio downstairs, 4:00pm in Mills/Ruiz Studio upstairs)

Sweat it out to the catchy beats of Bollywood. Cardio dance routines will elevate your heart-rate with Bollywood music!

Cardio Dance with Jenny* (2:00pm - Armstrong/Connelly Studio downstairs)

Similar to Zumba, this class will get your heart-rate up, work your muscles and keep you smiling, sweating, and burning tons of calories!

CardioFUNK* (4:00pm – AV Studio downstairs)

Cardiofunk is a heart-stomping, high-energy, sweat-up-a-storm-and smile-GOOD TIME combined with plenty of funk!

Cardio Hip Hop* (3:00pm & 3:30pm - Armstrong/Connelly Studio downstairs)

Contemporary upbeat hip hop music, fun dance moves, and plenty of enthusiasm to get your heart rate up and to make you break a sweat.

Foam Roller Massage & Stretch* (1:30pm - Mills/Ruiz Studio upstairs)

If you love how you feel after a deep massage and stretch, this class is for you. Foam rollers are used to reduce soreness and stiffness.

GlideBoard Cardio Workout* (1:30, 2pm, 2:30pm, 3pm – limit 7 – AdlerLand Studio downstairs)

Glide your way into shape with our super fun GlideBoard, NO impact cardio workout.

Lower Body Workout* (2:30pm – Herman/Verastique Studio upstairs)

This class will focus on toning hips, thighs, glutes, and calves.

OnCORE Fusion* (3:00pm in Kodosky & 3:30pm – AV Studio downstairs)

OnCore is a unique, fun, silly, and sometimes challenging blend of barre, Pilates, dance, and yoga all choreographed to upbeat pop music.

Pilates Barre Booty Workout* (2:00pm – AV Studio downstairs)

The barre...where Pilates meets ballet and you reap the benefits. Combine Pilates with the ballet barre for the ultimate classic booty workout.

Pilates Mat Workout* (1:30pm–Herman/Verastique Studio upstairs)

A series of exercises that are done on the floor (mat) without Pilates machines but providing the same attention to core muscles.

Pilates Cardio* (2:00pm & 3:00pm – Herman/Verastique Studio upstairs)

Adds cardio to Pilates principles for a fat-burning workout that is one of the best ways to lose fat and build muscle.

Stretch & Tone Conditioning* (2:00pm – MillsRuiz Studio upstairs)

A total-body stretch and conditioning for stretching and lengthening tight muscles, as well as toning.

Stretch and Resistance Band* (2:30pm - Mills/Ruiz Studio upstairs)

Resistance bands are utilized to create exercises that stabilize your core and strengthen your body.

Zumba®* (1:30pm – Armstrong/Connelly Studio downstairs)

Get ready to party yourself into shape with Zumba® Dance fitness!

Upside Down Workout* (3:30pm & 4:00pm – AdlerLand Studio downstairs)

Being inverted is the anti-depression of movement. Reap a multitude of health benefits being upside down as you stretch and strengthen your legs, arms and core.

[Intro to Pilates Reformer](#)

Sign up downstairs in the lobby when you arrive to try the Pilates reformer! Limited to 11 per timeslot. Come to Pilates Center upstairs during your time.

[Health & Wellness Presentations – ASK THE EXPERTS!](#)

Healthy and fit is more than exercise. Take a 20 minute break from the workouts today and attend one of the free talks in the Shiflet Studio upstairs to find out how you can be healthy, fit, & well in 2017! More detailed descriptions on each talk are posted outside the door during Get Fit.

[Visit our health & fitness exhibits for giveaways, screenings, and lots of great information!](#)