

UNITE, GROW,



Denton Parks and Rec

North Lakes Rec Center Group Exercise Schedule

Renew or purchase your membership
online at www.dentonparks.com!

Choose from over 25 classes per week!

BODYJAM

This moderate-to-high intensity cardio dance workout will have you doing an entire hip-hop/pop dance routine before you know it. Burn 500+ calories, clock 5,000 steps, tone and shape, improve coordination, and develop self-expression each class. Open to all fitness level. 55 mins.

Tu | 6:45pm Sat | 9:15am

BODYPUMP

The fastest way to lose bodyfat! This muscle toning and conditioning class uses a barbell with weights making it a great starting point to develop strength and confidence. Using your choice of weights, great music and motivating instructors, you'll be inspired to achieve the results you want! 60 mins.

M, W, F | 8:30am M, W | 6:45pm
Tu, Th | 5:30pm Sat | 8am

ZUMBA

We take the "work" out of workout, by mixing low intensity and high intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® is often called exercise in disguise. Super effective? Check. Super fun? Check and check! 60 mins.

Tu | 9am W | 5:30pm

BODYFLOW

Ideal for anyone and EVERYONE! This class is the yoga-based class that will improve your mind, your body AND your life! With a mix of Yoga, Tai Chi, and Pilates you'll build flexibility and strength that will leave you feeling centered and calm. 60 mins. Tuesday & Thursday classes begin Sept. 4.

W, F | 9:30am Tu | 6:30pm

BODYCOMBAT

This fiercely energetic class is inspired by martial arts and draws from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi and Muay Thai. Burn an average of 700 calories and clock 5,000 steps as you fight to the beat of driving music while energetic instructors help you strike, punch, kick and kata your way to superior fitness. 60 mins.

M | 5:30pm Th | 6:45pm

CXWORX

A stronger core makes you better at ALL things you do; from everyday life to your favorite sports. Trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. 30 mins.

Tu, Th | 8:30am

INDOOR CYCLING

This stationary bike workout improves cardiovascular fitness, while strengthening and toning your lower body muscles. Space is limited, please arrive early. 45 mins.

Tu, Th | 7:45am Sat | 8am

CYCLE YOGA

A combination 40-minute high energy cardio workout on stationary bikes with a 20-minute practice of yoga on a mat. 60 mins

M | 6:30pm

BARRE

A 30-minute workout designed to shape and tone postural muscles, and build core strength. Incorporating classic ballet positions, with modern music, Barre is a combination of cardio and strength with high reps of small movements and very light weights. 30 mins.

M | 9:45am Th | 6:45pm

SENIOR FIT

This class is designed to help seniors improve bone density, muscular strength, cardiovascular fitness, joint mobility, and flexibility. Utilizing hand-held weights, elastic tubing with handles, and low-impact aerobics you'll move and groove to your favorite tunes while improving your quality of life. 60 mins.

Tu, Th | 10am

SENIOR YOGA

SENIOR MAT YOGA

Gain balance, flexibility, range of motion and hip joint mobility through free standing and mat yoga poses that can be modified for all levels. 60 mins. **M | 11am**

SENIOR CHAIR YOGA

Move through seated & standing yoga poses designed to increase flexibility, balance, & range of movement. Led by a certified SILVERSNEAKERS® Yoga instructor. 45 mins. **M | 10am**

NORTH LAKES GROUP EXERCISE MEMBERSHIP

Group Ex + Gym Membership

\$5, drop-in
\$30, one month
\$80, three month
\$299, one year

Renew or join online at
www.dentonparks.com.