



Denton Parks and Rec

North Lakes Group Exercise and Gym Membership

\$30 One Month | \$80 Three Months | \$299 Annually | SilverSneakers | Renew Active | Silver&Fit
Includes access to the weight room and cardio fitness equipment and Rec Pass activities.

Also Available: \$50 10-Class Punch Card

Temporarily Unavailable: Child Watch, mats, towels, lockers, showers

60 LESMILLS BODYPUMP

BODYPUMP™ is a barbell workout for anyone looking to get toned and fit- fast! Build strength using a light to moderate weighted barbell and free weights.

Monday, Wednesday, 8:30 a.m.

Tuesday, Thursday, 5:30 p.m.

Saturday, 8 a.m.

30 LESMILLS CXWORX

CXWORX™ hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your abs and butt, as well as improving functional strength.

Tuesday, 8:30 a.m.

Thursday, 8:30 a.m.

60 Yoga

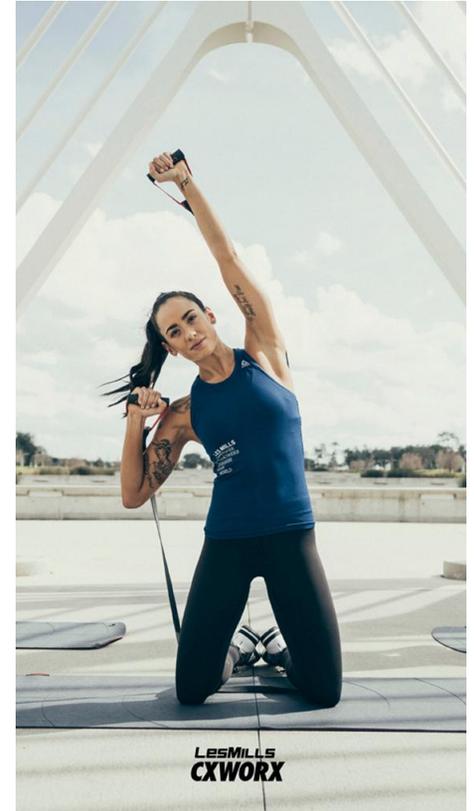
Yoga is a 60-minute ind-body workout that combines strengthening and stretching poses with deep breathing and relaxation. Open to all fitness levels. Please bring a yoga mat, towel, and water.

Friday, 9:30 a.m.

60 Yogalates

Yogalates is a blend of yoga and Pilates. Gain stability and flexibility with yoga, while building strength in the deep muscles of the abdominal region with Pilates.

Monday, 11 a.m.



Oh no! What happened to my favorite class?!

This is a temporary scaled-down schedule. All classes take place inside the basketball gymnasium. Cardio/ aerobics class formats that require heavy breathing have been omitted. Senior-specific formats have been omitted due to the CDC's position that people 65 years and older are at higher risk for getting a severe case of COVID-19. Classes are not scheduled back-to-back to allow time for proper disinfecting. Missing classes will be reinstated in phases, with the goal to eventually return to the regular 30-class-per-week pre-COVID schedule.

Are there special rules we'll have to follow?

To return, you will be required to sign an assumption of risk acknowledging the inherent dangers of the contagious nature of COVID-19 and risk of injury from participating in physical activity. 15 participant spots are available each class. Each spot has a 16ft physical distance radius around it. You may reserve a spot by calling (940) 349- 8287 within 30 minutes of class start time. Reservation is not required. Equipment will be set out for you to avoid gathering at equipment racks. Face coverings are required while in the lobby, restrooms, and common areas of the building, but are not required during the workout. Participants are asked to practice physical distancing at all times. Please bring a mat, sweat towel, a water bottle, and plan to shower at home. These services, including day-use lockers, are temporarily unavailable.