



Denton Parks and Rec

## Rec Center Group Exercise and Gym Membership

\$5 per class | \$30 One Month | \$80 Three Months | \$299 Annually  
\$50 10-class punch card | SilverSneakers | Renew Active | Silver&Fit

Includes access to group exercise classes, the weight room and cardio equipment at North Lakes Rec Center.



**60** **LES MILLS**  
**BODYJAM**

BODYJAM™ is the ultimate moderate-to-high intensity cardio-dance workout! You will find yourself doing an entire hip-hop/ pop dance routine before you know it. Feel the euphoria of dance as you burn 500+ calories and clock 5000 steps per class.  
**Tuesday, 6:45 p.m.**

**60** **LES MILLS**  
**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.**

**60** **LES MILLS**  
**BODYFLOW**

BODYFLOW™ is a Yoga, Tai Chi, Pilates workout that builds flexibility, strength, and leaves you feeling centered, calm, and happy. Please bring a yoga mat, towel, and water.  
**Thursday, 6:45 p.m.**

**60** **LES MILLS**  
**BODYCOMBAT**

BODYCOMBAT™ is a high-energy cardio workout that draws from Karate, boxing, Taekwondo, Tai Chi & Muay Thai. Burn 500 to 700 calories and clock 5,000+ steps. Please bring a sweat towel and water.  
**Monday, 5:30 p.m.**

**30** **LES MILLS**  
**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** **Mat Yoga**

A mind-body workout that combines strengthening and stretching yoga 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** **Classically Fit**

A senior fitness class designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support. Moves can be modified for fitness levels.  
**Tuesday and Thursday, 10 a.m.**  
**Starts January 19**

**60** **Cycle Yoga**

A 40-minute high-energy stationary bike workout followed by 20 minutes of mat yoga. Improve cardio endurance, strength, and flexibility. Burn 500 to 700 calories. Please bring a yoga mat, towel, and water.  
**Monday, 6:30 p.m.**  
**Starts January 25**

**Keeping You Safe**

**TEMPERATURE CHECKS** | All group exercise participants are required to pass a temperature scan upon entry.

**FACE COVERINGS** | Required for all group exercise participants. Covering may be removed while on designated spot and actively engaging in physical activity.

**SOCIAL DISTANCE** | Group exercise participants are physically distanced 16 ft apart.

**CLEANING** | All fitness and group exercise equipment is vigorously cleaned and disinfected by staff. Clean air is provided by our newly installed GPS Air Ionizer.

**45** **Chair Yoga**

Move through a series of gentle seated and standing yoga poses designed to increase flexibility, balance and range of movement. A chair is used for support and posture alignment. Close-toed shoes required.  
**Monday, 10 a.m.**  
**Starts January 25**