

Class Descriptions

Aquatic Classes

- **Cardio Splash-** A circuit training class in the pool. This is the perfect way to cross train, get in shape, and have a ton of fun doing it! Intense movements & drills promote cardiovascular fitness, balance, coordination, strength and more. This fitness class is also tailored to the needs of individuals at risk for heart disease.

Fitness Classes

- **Body Blast-**This energizing barbell class strengthens your entire body. This workout challenges all your major muscle groups using a variety of exercises to get amazing results!
- **Strength-**Total body strength training workout using TRX, dumbbells, resistance bands and barbells. Self-paced, but a challenge for any stage of fitness.
- **Ab Blast-**Designed to tone, build, and strengthen core muscles for total body functional improvement.
- **Forever Fit-** An exercise class with seniors in mind, but incorporates a wide range of fitness levels. Class covers cardio, strength, balance, agility and dexterity exercises. Everyone is welcome!
- **Go For HIIT-**A 30 minute HIIT workout with warmup and cool down to burn fat and tone your entire body. Short intervals at max effort with short rest periods to effectively increase and decrease your heart rate.
- **Indoor Cycling-**We want you to set the PACE! This class is geared to both novice and veteran riders. You will experience athletic, adrenaline pumping, cycling drills all done to music within a group setting.
- **Stretch & Release-**A class that focuses on Self-myofascial release and stretching to help increase range of motion and release tight muscles.

Mind/Body Classes

- **Chair Yoga/Yoga -** Improve your posture, flexibility and tone—up your entire body. Our instructor will lead you through a series of poses to help center your mind and body while leaving you feeling energized yet relaxed. All fitness levels welcome.

Lindale Group Exercise & Pool Schedule

Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Blast 8:30-9:30am	Stretch 9:00 – 10:00	Strength 8:30-9:30am	Stretch 9:00 – 10:00	Ab Blast 8:30-9:30am	Stretch 9:00 – 10:00
Forever Fit 10:15–11:00am	Chair Yoga 10:15-11:00 AM	Forever Fit 10:15–11:00am	Chair Yoga 10:15-11:00 AM	Forever Fit 10:15–11:00am	
Yoga 11:15-12:15	HIIT 11:15-12:00	Yoga 11:15-12:15	HIIT 11:15-12:00	Yoga 11:15-12:15	
Stretch 12:30-1:30					
Yoga 6:00-7:00pm	Indoor Cycling 6:00-7:00pm		Indoor Cycling 6:00-7:00pm		

POOL HOURS

Monday – Friday: 7:00 AM – 8:00 PM

Saturday & Sunday: 8:00 AM – 6:00 PM

All times not otherwise designated below are Open Swim times.

Reserved Pool Times

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Lap Swim Only 7:00 – 8:30	Lap Swim Only 7:00 – 8:30	Lap Swim Only 7:00 – 8:30	Lap Swim Only 7:00 – 8:30	Lap Swim Only 7:00 – 8:30	Open Swim 8:00 AM To 6:00 PM
Cardio Splash 9:00 -10:00	Cardio Splash 9:00 -10:00	Cardio Splash 9:00 -10:00	Cardio Splash 9:00 -10:00	Cardio Splash 9:00 -10:00	
CLOSED for Physical Therapy 12:30 – 1:15	CLOSED for Physical Therapy 12:30 – 2:00	CLOSED for Physical Therapy 12:30 – 1:15	CLOSED for Physical Therapy 12:30 – 2:00	CLOSED for Physical Therapy 12:30 – 1:15	
Lap Swim Only 1:15 – 3:00	Lap Swim Only 2:00 3:00	Lap Swim Only 1:15 – 3:00	Lap Swim Only 2:00 – 3:00	Lap Swim Only 1:15 – 3:00	
Cardio Splash 5:30-6:30	Cardio Splash 5:30-6:30		Cardio Splash 5:30-6:30		

- Staffed hours: Mon-Thur 8:00am-5:30pm, Fri 8:00am-5:00pm, Saturday 7:00 AM-9:00 AM by appointment excluding holidays.
- Like us on FB @ CHRISTUS Trinity Mother Frances Health & Fitness-Lindale
- The pool will close for 30 minutes in the event of audible thunder or lighting strike within 10 miles.