

## CLASS DESCRIPTIONS

### XTC Functional Fitness

This intense class uses (bodyweight/strength-based movements) in a high-intensity interval format to turn your body into a calorie-burning machine! If getting lean is your goal, do not miss this class! Movement modifications can be made to accommodate all fitness levels.

**\*XTC Cardio Kickboxing** (\*must bring own kickboxing gloves)  
Strike, kick, punch, jab, crunch, squat, and run! This class knocks out your muscles but leaves you feeling like a fighter!

### XTC Cardio Sculpt

This high energy class is the perfect low impact workout to tone, strengthen and increase flexibility.

### XTC Power Cycle

More intense than a stationary bike, indoor cycling keeps things cool with great music and a killer class atmosphere.

### XTC Core/Mobility/Flexibility

Improve your core strength, range of motion, quality of movement, and flexibility using a variety of methods. This class is designed to help you do the things in the gym so you can lead a healthy functional life.

### XTC Functional Strength/Power

Get stronger and more powerful week by week by utilizing your body weight, resistance, and bands in this class that focuses on functional strength through time under tension, negative muscle movements, and isolation.

### XTC Spinervall

Combines cycle and resistance elements to push your body both physically and mentally.

**\*XTC Yoga** (\*participants are encouraged to bring own yoga mat)  
Improve overall well-being. Gain flexibility, balance and strength. For all fitness levels from beginners to advanced yoga practitioners.

### Zumba

Party your way into shape with this Latin inspired, calorie burning dance fitness party! Caution...may cause contagious shakin'!!!

### Les Mills BODYPUMP

BODYPUMP allows participants to use light weights and become strong without feeling intimidated by the weight room. All fitness levels are catered to with multiple levels of options during the class.

### Les Mills BODYBALANCE

(\*participants are encouraged to bring own yoga mat)  
BODYBALANCE is an athletic blend of yoga, Tai Chi and Pilates which leaves participants feeling long, strong, centered and calm. There is no judgement, expectation or sense of competition with ourselves or others.

### Les Mills BODYCOMBAT

The class draws from a wide array of disciplines such as Karate, Boxing, Tae Kwon Do, Capoeira and Kickboxing. Supported by driving music and powerful role model instructors.

*\*Classes are limited to 20, except XTC Cardio Kickboxing (limited to 16) and XTC Spinervall and XTC Power Cycle (limited to 10).*

## TYLER ATHLETIC & SWIM CLUB / XTC TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2024 Winter/Spring Group Exercise Schedule - Designed by XTC Training</b>					
<b>5:30am</b> <b>XTC Functional Fitness</b> (Amelia)	<b>5:30am</b> <b>LES MILLS BODYPUMP</b> (Valerie) 45 Min.	<b>5:30am</b> <b>LES MILLS BODYBALANCE</b> (Rotation) 45 Min.	<b>5:30am</b> <b>LES MILLS BODYPUMP</b> (Valerie) 45 Min.		
		<b>6:15am</b> <b>XTC Power Cycle</b> (Corey) Limit of 10			
<b>8:15am</b> <b>LES MILLS BODYPUMP</b> (Lindsay)	<b>8:30am</b> <b>XTC Power Cycle</b> (Tara) Limit of 10	<b>8:15am</b> <b>LES MILLS BODYPUMP</b> (Valerie) 45 Min.	<b>8:30am</b> <b>XTC Power Cycle</b> (Corey) Limit of 10	<b>8:30am</b> <b>XTC Cardio Sculpt</b> (Laura)	<b>8:30am</b> <b>LES MILLS BODYPUMP</b> (Rotating)
<b>9:30am</b> <b>LES MILLS BODYPUMP</b> (Abbie)	<b>9:30am</b> <b>XTC Functional Fitness</b> (Tara)	<b>9:30am</b> <b>LES MILLS BODYPUMP</b> (Lindsay)	<b>9:30am</b> <b>XTC Functional Fitness</b> (Tara)	<b>9:30am</b> <b>LES MILLS BODYPUMP</b> (Lindsay)	<b>9:30am</b> <b>LES MILLS BODYBALANCE</b> (Rotating)
<b>10:30am</b> <b>XTC Functional Fitness</b> (Tara)	<b>10:30am</b> <b>LES MILLS BODYCOMBAT</b> (Abbie)	<b>10:30am</b> <b>XTC Functional Strength/Power</b> (Tara)	<b>10:30am</b> <b>LES MILLS BODYBALANCE</b> (Lisa)	<b>10:30am</b> <b>XTC Functional Fitness</b> (Amelia)	<b>10:30am</b> <b>XTC Functional Fitness</b> (Rotating)
<b>11:30am</b> <b>Zumba</b> (Alberto)	<b>11:30am</b> <b>XTC Core/Mobility/Flexibility</b> (Laura)	<b>11:30am</b> <b>Zumba</b> (Alberto)	<b>11:30am</b> <b>XTC Core/Mobility/Flexibility</b> (David)	<b>11:30am</b> <b>Zumba</b> (Alberto)	
<b>4:30pm</b> <b>XTC Functional Fitness</b> (Laura)	<b>4:30pm</b> <b>XTC Spinervall</b> (Kami) Limit of 10	<b>4:30pm</b> <b>XTC Spinervall</b> (Laura) Limit of 10	<b>4:30pm</b> <b>XTC Spinervall</b> (Kami)		
<b>5:30pm</b> <b>*XTC Cardio Kickboxing</b> (Corey) Limit of 16	<b>5:30pm</b> <b>XTC Functional Fitness</b> (Tara)	<b>5:30pm</b> <b>XTC Functional Strength/Power</b> (Tara)	<b>5:30pm</b> <b>*XTC Cardio Kickboxing</b> (Jeff) Limit of 16		
<b>5:30pm</b> <b>LES MILLS BODYPUMP</b> (Erin)			<b>5:30pm</b> <b>XTC Functional Fitness</b> (Amelia)		
<b>6:30pm</b> <b>*XTC Yoga</b> (Kimberly)					
<b>YOU MUST REGISTER ON THE TASC APP, ONLINE OR CALL THE FRONT DESK IN ADVANCE TO ATTEND A CLASS!</b>					

Unless otherwise noted, Les Mills classes are 55 minutes long and other classes are 45 minutes long. Classes are designed for all fitness levels as instructors can provide modifications upon request.

For more information, contact Tara McDonald at [taramcdonaldfitness@gmail.com](mailto:taramcdonaldfitness@gmail.com) or call 903-258-3101 | Club: 903-561-3014

