

Group Exercise Schedule



EFFECTIVE SEPTEMBER

Monday

AM RISE & GRIND
5:15-6:15a
Ana

GENTLE AQUA
8:00-8:50a
Kari

HIGH FITNESS
8:30-9:20a
Jamie

BARRE FITNESS
8:30-9:20a
Jessica

AQUA ZUMBA
9:00-9:50a
Alma

PILATES MAT
9:30-10:20a
Monica

BARBELL STRENGTH
9:30-10:20a
Terrie

ZUMBA
10:30-11:20a
Alma

CHAIR YOGA
11:00-11:50a
Erika R.

CYCLE STRENGTH FUSION
12:00-12:50p | Vanessa

CHAIR YOGA
12:30-1:20p
Kimberly

CYCLE STRENGTH FUSION
5:30-6:20p | Kari

ZUMBA
6:30-7:20p
Gaby

Tuesday

CYCLE STRENGTH FUSION
5:15-6:15a | Kari

YOGA FLOW I
7:30-8:20a
Amy

AQUA ZUMBA
8:00-8:50a
Nora

POWER SCULPT
8:30-9:20a
Jamie

YOGA FLOW II
8:30-9:20a
Angie

GENTLE AQUA
9:00-9:50a
Nora

ZUMBA
9:30-10:20a
Alma

BEGINNERS YOGA
9:30-10:20a
Terrie

ACTIVE AGING
10:30-11:20a
Alma

YOGA FLOW I
5:30-6:20p
Laurilyn

HIIT
5:30-6:20p
Anna

EXPRESS CORE + ACTIVE STRETCH
6:30-7:20p | Anna

Wednesday

AM RISE & GRIND
5:15-6:15a
Ana

AQUA BOOTCAMP
8:00-8:50a
Kari

4X4
8:30-9:20a
Vanessa

PILATES MAT
8:30-9:20a
Monica

GENTLE AQUA
9:00-9:50a
STAFF

BARRE FITNESS
9:30-10:20a
Monica

BARBELL STRENGTH
9:30-10:20a
Kari

PEDAL & PULSE
10:30-11:20a
Melodie

CHAIR YOGA
11:00-11:50a
Angie

BARBELL STRENGTH
5:30-6:20p
Anna

POWER CYCLE
6:30-7:20p
Anna

MORE COMING SOON

Thursday

CYCLE STRENGTH FUSION
5:15-6:15a | Kari

YOGA FLOW I
7:30-8:20a
Amy

POWER SCULPT
8:30-9:20a
Brit'ney

AQUA ZUMBA
9:00-9:50a
Gaby

YOGA FLOW II
9:30-10:20a
Laurilyn

ZUMBA GOLD
9:30-10:20a
Nora

ACTIVE AGING
10:30-11:20a
Nora

YOGA FLOW I
5:30-6:20p
Erika R.

CYCLE STRENGTH FUSION
5:30-6:20p | Erika S.

ZUMBA
6:30-7:20p
Nora

MORE COMING SOON

Friday

YOGA SCULPT
5:15-6:15a
Jessica

AQUA ZUMBA
8:00-8:50a
Nora

YOGA FLOW I
8:30-9:20a
Katti

BARBELL STRENGTH
8:30-9:20a
Melodie

AQUA BOOTCAMP
9:00-9:50a
Nora

POWER CYCLE
9:30-10:20a
Jacqi

BARRE FITNESS
9:30-10:20a
Jessica

ZUMBA
10:30-11:20a
Gaby

CHAIR YOGA
11:00-11:50a
Kimberly

EXPRESS CORE + ACTIVE STRETCH
12:00-12:50p | Vanessa

Saturday

4X4
8:30-9:20a
Anna

POWER CYCLE
9:30-10:20a
Anna

YOGA FLOW I
9:30-10:20a
Laurilyn

Aqua

Back Lawn

Group X

Multi-Purpose

NEW



Group exercise classes are open to members age 14+. Please flip over for class descriptions.
Scan QR code for most up to date schedule - schedule subject to change

345 Landa St. | New Braunfels, TX | 830-221-4170 | www.dasrec.com

Class Descriptions

4x4 – Combines Cardio, Strength, Core and Stretch. A total body conditioning workout to make you feel good!

ACTIVE AGING – Increases strength, mobility, coordination, and balance, incorporating breathing and relaxation, core exercises, resistance exercises using body weight and equipment. Exercises performed standing, sitting and/or on the floor. Modifications are made for mobility-impaired individuals.

AM RISE AND GRIND – The perfect way to start your day! Expect the unexpected-any form of cardio, strength, core and more.

AQUA BOOTCAMP – Challenges you with cardio and strength, all in the low impact surroundings of the pool! Great for all fitness levels!

AQUA CORE – Offers everything you need to work your core using all planes of motion! Use the shallow water as your resistance with and without equipment.

AQUA ZUMBA – Adds a low-impact, high-energy aquatic exercise class to your fitness routine. Blends the Zumba philosophy with water resistance, for one pool party you should not miss!

BARBELL STRENGTH - A powerful strength workout utilizing the barbell with various weights, as well as other equipment, to get a full body workout. Get inspired as you gain strength and power week by week in a team atmosphere.

BARRE FITNESS - This is a total body conditioning class that will sculpt a long, lean, ballet body (and booty!). Exercises may include low to no impact work, as well as upper body conditioning with light hand held weights, bands or other equipment.

BEGINNER'S YOGA – Emphasis is on postural foundation and alignment of the body. Learn proper breath, yoga poses, and balance. Perfect for the novice and anyone seeking a beginner's approach to yoga.

CHAIR YOGA – Grab a chair and join us for one of the gentlest forms of yoga. With a chair for support, this class challenges the body and mind through strengthening, stretching, relaxing and breathing. Experience the many benefits of yoga without having to get up or down from the floor!

CYCLE STRENGTH FUSION – Cycling is a fat burning cardiovascular workout that strengthens the legs, lungs and heart with an energetic combination of flats, hills and sprints. Class includes exercises performed off the bike. New participants should arrive 10 minutes before class for bike setup and safety overview. Please no cycling shoes for this class.

EXPRESS CORE + ACTIVE STRETCH – Abs, back, and glutes, Oh my! Core training prepares you for anything and everything. Combined with traditional and dynamic stretching, foam rolling, mobility work to help you feel better, move better and perform at your best.

GENTLE AQUA – Water aerobics offers a total body workout in a non-impact setting. Combine cardiovascular, strength and flexibility exercises to provide you with a complete and total workout. Whether you are rehabilitating from an injury or looking

HIGH FITNESS – Incorporates interval training with music and intense easy to follow choreography. for something new to try.

HIIT – A workout that involves a series of low to high intensity periods of exercises, focusing on burning calories, improving cardiovascular endurance, and building strength.

PILATES MAT – Focus on strength and flexibility of major muscle groups centered around your core. Instructor may use equipment such as stability balls, resistance band, or rings to enhance movements.

POWER CYCLE – This non-impact workout is great for increase your cardiovascular strength. Includes intervals, hills, speed work and more. Great for all fitness levels.

PEDAL & PLUSE - This class is a mix of cardiovascular training, barre, and strength training. This combination of ballet inspired lower body work, low-weight resistance training and body weight work make for an intense, yet low-impact toning workout. A great energetic class for most fitness levels!

POWER SCULPT – The perfect total body, muscle building workout for any fitness level. Designed to improve strength and definition in the muscles through resistance and repetition utilizing a variety of equipment. Hit every muscle group!

YOGA FLOW I – Utilizing Hatha, Vinyasa, and Yin yoga, Yoga Flow will be sure to help you find your Zen as you work on flexibility, strength and balance. In Yoga Flow, you will move from pose to pose with your breath. A great class for all levels of practice.

YOGA FLOW I I – A continuation of Yoga Flow I. Expect longer sequencing and quicker transitions to elevate the heart rate and increase strength. A focus on balance and deep stretches round out this yoga journey. All levels welcome.

YOGA Sculpt – An all levels friendly “power flow” in which you’ll use postures and flow sequences to get your heart rate up and your muscles loose and warm. Expect low impact cardio bursts and the use of hand weights and a challenging core series to really heat up your practice.

ZUMBA – High energy, captivating music and Latin inspired moves will leave you feeling great and wondering when the next class is!

ZUMBA GOLD– For active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Incorporates cardio, conditioning and balance.



PERSONAL TRAINING