



BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.



BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.



BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.



BODYJAM™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.



BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors.



BODYVIVE™ is the low-impact, whole body group fitness workout that uses VIVE™ balls, VIVE™ tubes and body weight to boost fitness and core strength. There are inspirational instructors and music to motivate you.



RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training.

Beginner/Intermediate Hatha Yoga: This class will focus on yoga postures (asanas), breathing techniques (pranayama) and meditation to achieve balance between the mind and body. Improve flexibility and concentration as well as foster relaxation.

***Fusion- Yoga + Abs:** This NEW class offers 30min of yoga, focusing on precision and alignment in all postures followed by 30min of intense core training.

Power PiYo: Not Your Average Pilates or Yoga Class! Power PiYo is a unique athletic blend of Pilates, Yoga, Dance Training and Sports Conditioning that burns calories while transforming the body. Progressions are offered to challenge to all levels of participants.

Yoga: This class combines traditional yoga postures and modern fitness for an incredible mind/body workout that will increase strength, endurance, and flexibility. Appropriate for all fitness levels

Road Ride: This class is for you. This motivating and challenging stationary cycling class simulates both road and mountain biking training techniques.

Zumba®: Ditch the workout, join the party! This class uses Latin rhythms and easy to follow moves to create a dynamic fitness dance program that will blow you away.

Spin, Core & More: Combine cycle drills with strength training for a great total body workout that promises to keep you coming back for more.

T'ai Chi: An ancient Chinese practice that uses slow fluid movements to ease sore joints and muscles. We offer separate beginner and Intermediate classes.



Westside Tennis & Fitness

1200 Wilcrest Dr. Houston, TX



**Ph:713.783.1620 Website: www.westsidetennisandfitness.com
Group Fitness Manager: Adrian LeVar Crosby**

Westside Tennis & Fitness

**Summer
Group
Fitness
Schedule**

(Effective: 06/14/10)