



# Fitness Center at Williams Tower

## Group Training Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30am		Full Body Fix			
11:15am		Beat Boss Indoor Cycling*		Beat Boss Indoor Cycling*	
11:30am	Motion Cage* (Upper Focus)		Motion Cage* (Lower Focus)		Freestyle Friday*
12:00pm				Yoga	
12:15pm		ZUMBA*			
12:30pm			Balletone*		
5:30pm	Full Body Fix		Core & Cardio		

*Class schedules are subject to change. Be sure to download the Williams Tower Fitness app for the most up to date schedule*

**Balletone** - Balletone is a fusion of non-stop cardio and strength that blends techniques from Ballet, Pilates, and general fitness. This class will leave EVERYONE feeling graceful, strong, and elegant!

**Yoga** - A total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation

**Core & Cardio** - A workout designed to strengthen your core and get your metabolism burning. The cardio exercises will include rowers, walking/jogging and other plyometric exercises to burn fat.

**Beat Boss Indoor Cycling** - This is a rhythm-based ride influenced by Mountain Biking, BMX, and Road Drills. It's the most fun you could have on a stationary bike and great for anyone from professional athletes to those new to the world of sweat!

**Full Body Fix** - A little bit of everything in just 30 minutes! This class will give hit every major muscle group all while keeping your heart rate up.

**Motion Cage** - This strength-based class incorporates a combination of TRX suspension training, battle ropes, kettlebells and more to accomplish a full body workout that will push you to your limits.

**ZUMBA** – Come take a midday break from the stress of work life and have a dance party at the Fitness Center! You will have fun burning off calories by dancing to different Latin-American inspired music.

**Freestyle Friday** - Fridays are for fun, right? On Fridays we get to mix it up and fill in the pieces of what might have been missed throughout the week. From circuits, bootcamp, and HIIT, to recovery and games, you never know what might come up on the last day of the work week. Come have fun and end the week/start the weekend right!

[ \* indicates the class is 45 minutes long.]