Find us on Facebook

Body Fat Test
Location: Front Desk
Fee: Free
Ages: 18 and up
Weight alone is not a clear indicator of good health, because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle. Carrying too much fat is a condition called obesity, which puts a person at risk for many serious medical conditions including heart disease, diabetes and even certain forms of cancer. In fact, obesity contributes to at least half the chronic diseases in western society. To learn more about your body fat percentage, have our staff check it, using our body fat analyzer. For more information contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov.

Free Weight Room Orientation
Location: Weight Room at Athletic Club
Fee: Free
Ages: 18 and up
Are you helping or hurting yourself while working out? Let our fitness staff show you the proper way to use the cardio and strength training machines. For more information contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov.

TRX Orientation
Location: Weight Room at Athletic Club
Fee: Free
Ages: 18 and up
New to TRX, just getting started? Start with our orientation and focus on technique, flexibility, balance, and strength by developing basic foundational exercises through easy to follow progressions. For more information contact Justin Pollard at 972-450-7048 or jpollard@addisontx.gov.

Book Club
Location: Conference Room 2nd Floor
Fee: Free
Ages: 18 and up
Become a member of the Addison Book Review Club. They would love to have you join the book club. For more information ask our front desk staff or watch the locker room bulletin boards. The group will meet the first Monday of each month at 7:00 p.m. in the second floor conference room.
Sept. 12 Richardson Reads Selection
Oct. 3 *The Sense of an Ending* by Julian Barnes
Nov. 7 *The Heathen School* by John Demos
7 to 8:15pm M Reed, Mary

Brazilian Jiu Jitsu
Location: Basketball Gym
Fee: Contact instructor
Ages: 6 and up
What is it? Brazilian Jiu Jitsu is a method for promoting physical fitness by focusing on grappling techniques and self-defense tactics. There is no age limit to start Brazilian Jiu Jitsu. This class features physical conditioning, patience, discipline training, self-defense, anti-bullying techniques and fun. Come learn this cool martial art. Contact information: Brauzon Neves at 972-835-1166 or brauzon@gmail.com. Contact instructor for schedule and fee.
Sept 3 - Nov 26 S Neves, Brauzon

Dumplings a.k.a Pot Stickers
Location: Conference Room Second Floor at Athletic Club
Fee: $20 per person Pay Instructor
Ages: Any
Learn to make fillings for delicious dumplings also known as pot stickers. So many options to filling them to cooking them steamed or fried. Don't forget the dipping sauce, which we will make. Come hungry, because you can just watch and eat or make it yourself
6:30pm to 8:30pm Sept 13 Tu

Stir Fry
Location: Conference Room Second Floor at Athletic Club
Fee: $20 per person Pay Instructor
Ages: 15 and up
Learn the simple techniques of stir fry without all the grease. It will be a tasty dinner so come hungry as the cooking demo will have lots of variety for you to try.
6:30pm to 8:30pm Oct 11 Tu

Mini Deserts
Location: Conference Room Second Floor at Athletic Club
Fee: $20 per person Pay Instructor
Ages: Any
Holidays are around the corner. So get ready to learn to make a variety of fun bite size treats to take to your next party. You will leave a sample box of goodies you can share or not.
6:30pm to 8:30pm Nov 15 Tu

I Fly Dallas
Fee: $65
Ages: 15 and up
Interested in a thrilling, amazing adventure? Come with us to iFly in Dallas. Experience the feeling of freefall as you float a smooth cushion of air. There's no parachute, no jumping, a nothing attaching you to the planet. It's flying in the air. It's fun super safe, thrilling and amazing.
10am to 1pm Oct 22 Sa

NFL Preseason Game
Fee: $70
Ages: Any
Are you ready for some FOOTBALL!! Let's go out and get a taste of the Pre-season game the battle of Texas. Houston Texans vs Dallas Cowboys. Transportation will be provided.
4:30pm to 9:30pm Sept 1 Th

Rock Climbing Weekend
Fee: $20
Sat, November 5, 2016
Ages: 18 and up
"Interested rock climbing? This is a fun and safe sport. Climbing facilities provide a controlled, supervised environment where novice through professional climbers can exercise in an enjoyable way. Trained staff teach the necessary safety techniques, and the use of climbing gear."
10am to Noon Nov 5 Sa

SMU vs TCU (College Football)
Fee: $65
Fri, September 23, 2016
Ages: 18 and up
Come out and cheer on your favorite DFW college football team. Compare Colleges: Southern Methodist University vs Texas Christian University. Find out how these two colleges stack up against each other. Transportation will be provided.
4:30pm to 8:30pm Sept 23 F

Group X classes are our group exercise classes. Pricing for these classes is simple:

- $75 take as many classes as you like for 3 months
- $40 "punch pass" for 15 classes
- $4 drop in fee to take one class.

Senior discounts will be applied for anyone over the age of fifty. Check-in for classes at our front desk to get your class pass.

Ab Sculpting Class
Location: Free Zone 1
Ages: 18 and up
This class is perfect for your busy schedule! It's a powerful 30 minute workout routine that focuses on the abdominals and lower back muscle endurance. It's great for all levels! An energizing class that will get you moving, sweating and back to your routine in 30 minutes. This class is excellent not just to strengthen your core, but also to have great posture.

6:30pm to 7:30pm	Tu	Akins, Sandra
6:00pm to7:00pm	F	Akins, Sandra

Cardio Dance
Location: Aerobics Studio
Ages: 18 and up
Get ready for the breakdown with the hottest music. This fun, high-energy dance workout will make you sweat while learning the latest moves from street dance and urban culture. The class moves you step by step with fun choreography to get your feet moving and heart pumping for 60 minutes.

7pm to 8pm	Tu	Kane, Jessica

Chogaflow
Location: Aerobics Studio
Ages: 50 and up
Chogaflow is a unique chair yoga practice, done both seated and standing, integrating breath with movement. You will enjoy the many benefits of a traditional yoga practice without ever having your knees touch the floor. Join Valerie Rogers, the creator of Chogaflow, as she guides you through a fun, easy-to-follow, safe journey of self-exploration. Experience increased vitality, strength, flexibility, and balance. Modifications are offered.

11am to 12:10pm	W	Rogers, Valerie K.

Circuit Training with TRX
Location: Free Zone 2
Ages: 18 and up
This circuit training session features TRX equipment for high intensity, powerful movements at faster tempos. The first 15 minutes will be with an introduction to TRX or a warm up. Then we use timed intervals combining TRX and cardio drills. We guarantee to keep your heart rate up and make sure you burn mega calories, while you engage in intense body conditioning.

Noon to 1pm	M W	Allison, Lindsay
9:15am to 10:15am	Tu Th	Allison, Lindsay
6:30pm to 7:30pm	Th	Allison, Lindsay

Extra, Extra
Location: Aerobics Studio
Ages: 18 and up
If you are looking for a class to even out your workout schedule, Extra, Extra is perfect for you. Join us for a Saturday morning full of muscle toning and heart racing interval training.

9am to 10:30am	Sa	Chavez, Diane

No Excuses
Location: Aerobics Studio
Ages: 18 and up
The instructor will offer you high-energy exercise with high repetition movements. This class is designed for those who enjoy simple choreography at an intense level.

6pm to 7pm	M W	Marshall, Gail

Senior Balance
Location: Aerobics Studio
Ages: 50 and up
Have you been thinking about working on your balance, but aren't sure how? Has your doctor suggested strength training for balance? This class is designed to work on balance issues or to be more proactive. The exercises will focus on lower body, core, and ankles. Class size is designed for ages 50 and older. The class is limited to 12 people. Limited space due to safety.

10:30am to 11:30am	M	Suh, Minok

Senior Dance Fitness
Location: Aerobics Studio
Ages: 50 and up

Bored with the treadmill? Need a new way to stay in shape? Try out senior dance fitness. There is absolutely no experience required to take class.

10:45am to 11:45am	Tu Th	Lyon, Kay-Lynn

Spin

Location: Aerobics Studio

Ages: 18 and up

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

12:30pm to 1:30pm	Tu Th	Suh, Minok

Spin and Cardio

Location: Aerobics Studio

Start off your morning early at 6 a.m. with 45 minutes of spin. Finish the workout or join in at 6:45 a.m. for circuit/weight training, abs and stretching. All Fitness levels welcome.

Ages: 15 and up

6am to 7am	W	Suh, Minok

Stretch Yoga

Location: Aerobics Studio

Ages: 18 and up

This class is a great way to wake your body up. Basic yoga stretch moves will get your day started right because it is great for your mind and body.

8am to 9am	M W F	Wasserman, Carol

Total Body AM

Location: Aerobics Studio

Ages: 18 and up

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. Total Body is a perfect way to add a little variety to your workout routine.

9:15am to 10:30am	M W F	Suh, Minok

Total Body PM

Location: Aerobics Studio

Ages: 18 and up

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. Total Body is a perfect way to add a little variety to your workout routine.

7pm to 8:15pm	M W	Suh, Minok

Water Trim

Location: Aerobics Studio

Ages: 18 and up

This self-paced water aerobic exercise program is designed for all fitness levels. Class components include warm-up, pre-stretch, 30 minutes of cardiovascular aerobics, as well as upper body and abdominal strengthening.

9:15am to 10:15am	M W F	Wasserman, Carol

Yoga Flow

Location: Aerobic Studio

Ages: 18 and up

This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind

6pm to 6:45pm	Tu Th	Pirtle, Susan

Cardio Dance

Location: Aerobics Studio

Ages: 18 and up

Get ready for the breakdown with the hottest music. This fun, high-energy dance workout will make you sweat while learning the latest moves from street dance and urban culture. This class moves you step by step with fun choreography to get your feet moving and heart pumping for 60 minutes.

7pm to 8pm	Tu	Kane, Jessica

Box & Burn

Location: Gym

Ages: 15 and up

Boxing circuits are set up to offer participants a variety of exercises and easy to follow boxing drills. This 60 minute class will give you a great cardio and strength workout. Beginning with 15 minute warming up with calisthenics. Once your heart is pumping you will be training to 3 minute rounds that include basic boxing combinations following a 1 minute active rest. The last 15 minutes is a wrap up of exercises focusing on your core and floor work to help you cool down.

2 to 3pm	Su	Rincon, George
5:15 to 6:15 pm	M	Rincon, George

Group X classes schedule

Group X classes are our group exercise classes. Pricing for these classes is simple:

- $75 take as many classes as you like for 3 months
- $40 "punch pass" for 15 classes
- $4 drop in fee to take one class.

Senior discounts will be applied for anyone over the age of fifty. Check-in for classes at our front desk to get your class pass.

Monday

- Stretch Yoga 8:00 - 9:00a Carol
- Water Trim 9:15 - 10:15a Carol
- Total Body 9:15 - 10:30a Minok
- Senior Balance 10:30 - 11:30a Minok
- Circuit Training with TRX 12:00 - 1:00p Lindsay
- Box and Burn 5:15 - 6:15p George
- No Excuses 6:00 - 7:00p Gail
- Total Body 7:00 - 8:00p Malin

Tuesday

- Circuit Training with TRX 9:15 - 10:15a Lindsay
- Senior Dance Fitness 10:45 - 11:45a Kay Lynn
- Spin 12:00 - 1:00p Minok
- Yoga Flow 6:00 - 7:00p Zan
- Ab Sculpting Class 6:00 - 7:00p Sandra
- Cardio Dance 7:00 - 8:00p Jessica

Wednesday

- Spin & Cardio 6:00 - 7:30a Minok
- Stretch Yoga 8:00 - 9:00a Carol
- Water Trim 9:15 - 10:15a Carol
- Total Body 9:15 - 10:30a Minok
- Choga Flow 11:00a - 12:15p Valerie
- Circuit Training with TRX 12:00 - 1:00p Lindsay
- No Excuses 6:00 - 7:00p Gail
- Total Body 7:00 - 8:00p Malin

Thursday

- Circuit Training with TRX 9:15 - 10:15a Lindsay
- Senior Dance Fitness 10:45 - 11:45a Kay Lynn
- Spin 12:00 - 1:00p Minok
- Yoga Flow 6:00 - 7:00p Zan
- Circuit Training with TRX 6:30 - 7:30p Lindsay

Friday

- Stretch Yoga 8:00 - 9:00a Carol
- Water Trim 9:15 - 10:15a Carol
- Total Body 9:15 - 10:30a Malin
- Ab Sculpting Class 6:00p - 7:00p Sandra

Saturday

- Extra, Extra 9:00 - 10:30a Diane

Sunday

- Box and Burn 2:00 - 3:00p George

Class Location

- Aerobics Studio (second floor)
- Free Zone #2 (first floor)
- Indoor Pool
- Basketball Gym

8/1/16