

RECREATION CENTER FITNESS CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM						
6:00 AM		YOGA LARA		YOGA LARA	RPM LARA	
7:00 AM						
8:00 AM						YOGA LARA
9:00 AM						
9:30 AM		BODYPUMP MARY		BODYPUMP MARY		
10:30 AM		BODYCOMBAT MARY		BODYCOMBAT MARY		
5:30 PM	BODYPUMP MARY	SPIN LAURI	YOGA LARA	SPIN LAURI		
5:45 PM						
6:00 PM						
6:30 PM	RUNNING CLUB ESTHER					

IMPORTANT FITNESS CLASS PASS INFO

In-Person Registration Required: visit our front desk at the Hurst Recreation Center to register. Please bring a form of identification with you.

Drop-In Rate*

\$15
per class

*No registration or membership required.

Resident Rate

\$25 a month

Non-Resident Rate

\$30 a month

FITNESS CLASSES

CLASS	INSTRUCTOR	ROOM	CLASS DESCRIPTION
BODY PUMP	MARY	Dance Exercise	This is an energizing barbell workout with light to moderate weights, high reps, & great music that helps you get lean, toned, & fit.
BODY COMBAT	MARY	Dance Exercise	Bodycombat is a high-energy, non-contact workout inspired by martial arts. Punch, kick, & burn up to 570 calories per class—no experience needed!
RUNNING CLUB	ESTHER	Outdoors	This is the perfect class for ALL levels of runners! Each week offers new workouts that will help you improve your pace, distance, & overall goals.
SPIN	LAURI	Spin Room	A high-energy, low impact cardio workout on stationary bikes, to burn calories & improve endurance & strength. Simulated outdoor rides to upbeat music with an encouraging instructor.
YOGA	LARA	Green Room	This is an all-levels class that centers around relaxation, increasing flexibility, & functional strength building.
RPM	LARA	Spin Room	This is a group indoor cycling workout where you control the intensity. It is fun, low impact, & you can burn up to 500 calories a session!

We offer a variety of classes for fitness seekers of all levels. Our qualified instructors will push you to your highest potential & help you achieve your fitness goals!

For more information about recreation programs & memberships, please visit hursttx.gov/recreation or scan the QR code below.

