




The Wellness Center at Bayside

“Add Years to Your Life and Add Life to Your Years”

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		Cardio Janice		Cardio Janice	Yoga Joann	
8:30am	Resistance Training Janice		Resistance Training Janice			
9:00 am					Walk Fit Janice	
9:30am	Pilates Janice		Pilates Janice			
10:15 am	Senior Yoga Stretch Janice	Senior Strength Janice	Senior Yoga Stretch Janice	Senior Strength Janice	Senior Cardio Janice	
4:30 pm	 ZUMBA fitness Angie		 ZUMBA fitness Angie			
5:30 pm	Boot Camp Janice <hr/> Water Fit Cindi	 ZUMBA fitness La'Shebia Water Fit Tami	Boot Camp Janice <hr/> Water Fit Cindi	 ZUMBA fitness La' Shebia Water Fit Tami		
6:30 pm						

Hours of Operation:

5:30am-8:00pm Monday through Friday

8:00am-12:00pm Saturday

2202 S. Main, Anahuac

409-267-3700

www.chambershealth.org

Cardio @ The Wellness Center at Bayside

This dance aerobics workout is perfect for people who want to exercise and have fun. This is an easy-to-follow low-impact movement class, to help strengthen upper-body, including various stretching and relaxation exercises to energize your active lifestyle.

Circuit Class

Feel your muscles pump from this one-hour full body circuit class. Whether you are new to weight training or experienced, this class will challenge your muscles with high repetitions and low weights> Utilizing your body weight, dumbbells, resistance tubing, ball, mat, and a chair, you will love the results from this full body workout.

Pilates @ The Wellness Center at Bayside

Developed by Joseph Pilates in the late 1800's, the focus is to connect the mind with purposeful exercise. When immigrating to the United States in the 1930's, his method became a unique combination of stretching and strengthening. Adding the integral mind-body connection, it requires the individual to pay close attention to the movement performed and the details that make the movement work. Bring a mat.

Resistance Training

This class offers weight training and body sculpting in a group format. Weight training helps shape and strengthen muscles while building your body to use more calories throughout the day.

Senior Classes @ The Wellness Center at Bayside

Senior Yoga Stretch · Senior Strength · Senior Cardio Circuit
Strengthening and balancing classes to provide overall physical benefits.

Ultimate Body Blast @ The Wellness Center at Bayside

Blast your cardio fitness to the next level! This class provides the variety your body needs to see results, combining fun cardio routines with specific muscle conditioning tailored to class needs each week. This is a great time to enjoy the music and feeling the burn! Bring a mat.

Walking Fit

Walking is a great exercise! In this indoor group class, we walk to various beats of music which increase your daily stamina and improve aerobic endurance. Lace up your shoes and let's walk!

Water Fit @ The Wellness Center at Bayside

Looking for a splash-tacular workout? Jump into this class! Designed to strengthen muscle, improve cardio fitness, and assist in stretching.

Yoga @ The Wellness Center at Bayside

Yoga helps promote strength, flexibility, and posture in a relaxing environment. Great for reducing stress. Bring Yoga Mat.

Zumba® at The Wellness Center at Bayside

ZUMBA® is a fusion of Latin and International music/dance themes creating dynamic, exciting, and on the principle that a workout is "FUN AND EASY TO DO." Routines feature aerobic/fitness interval training, combining fast and slow rhythms to tone and sculpt the body. Zumba is a "feel-happy" workout, great for both the body and the mind.

**Child-Care Services available to members at no additional cost while you work-out
Monday through Thursday, 4:30pm to 7:30pm**