

Session Descriptions

Wednesday 3-3-21

6:00 pm - Hip Hop Dance with Jacqueline Martinez (30 min) (Beginner/Intermediate):

Move your body and embrace your inner Shakira, Beyoncé, J.Lo to this fun-no-dance-experience-needed class!

6:30 pm - Barre with Becky Stafford (30 min) (Beginner/Intermediate):

Barre is a Rigorous workout that blends elements from different exercise styles including ballet, pilates, and yoga.

Thursday 3-4-21

6:00 pm - Butts and Guts with Brian Guzman of BG Move: (30 min) (Beginner/Intermediate):

Butts and guts is a special focus class just for your lower body!

6:30 pm - Zumba with Erika Robles (30 min) (Beginner/Intermediate):

A fitness program that combines Latin and international music with dance moves, incorporating interval training- alternating fast and slow rhythms-to help improve cardiovascular fitness.

Saturday 3-6-21

9:30 am - Zumba with Liz Romero (30 min) (Beginner/Intermediate):

A total body toning workout that will boost heart health and help you maintain a good cardiovascular respiratory system.

Wednesday 3-10-21

6:30 pm - Chair Pilates with Genie Gonzalez (30 min) (Beginner/Intermediate) (Chair required):

Improve strength and flexibility in this low impact exercise that can improve posture.

Thursday 3-11-21

6:00 pm - Hatha Yoga with Jamie Bailey of Matsu Maya Yoga (30 min) (Beginner/Intermediate):

This yoga session is gentle in nature with a focus on correct alignment for safety and stability, a coordination of breath and movement a practice of breathing exercises for mindfulness.

6:30 pm - Surrender Meditation Esther Zapata of EP Self Defense(30 min) (Beginner/Intermediate):

Meditation for relaxation and self-confidence.

Saturday 3-13-21

9:00 am - Body Tune Up with Brian Guzman of BG Move (30 min) (Beginner/Intermediate):

Workout every part of your body with this all over fitness routine that works the core abs and lower body.

9:30 am - UTEP Dance Team (30 min) (Beginner/Intermediate):

The UTEP Dance Team will guide a vibrant dance routine with a combination of exciting movements, music, and cardio.

Wednesday 3-17-21

6:30 pm - Chair Pilates with Genie Gonzalez (30 min) (Beginner/Intermediate) (Chair required):

Improve strength and flexibility in this low impact exercise that can improve posture.

Thursday 3-18-21

6:30 pm - Cardio Kickboxing with Amber Banda (30 min) (Beginner/Intermediate):

A group style fitness class that combines martial arts techniques and fast paced cardio.

Saturday 3-20-21

9:30 am - Yoga with Angelica Claudia Lopez (30 min) (Beginner/Intermediate)

A grouping of physical, mental, and spiritual practices that bring mind and body to a state of tranquility.

10:00 am - Meditation with Veronica Valenzuela Schroder (20 min) (Beginner/Intermediate)

A set of techniques that are intended to encourage a heightened state of awareness and focused attention.

Wednesday 3-24-21

6:30 pm - Chair Pilates with Genie Gonzalez (30 min) (Beginner/Intermediate) (Chair required):

Improve strength and flexibility in this low impact exercise that can improve posture.

Thursday 3-25-21

6:00 pm - Butts and Guts with Brian Guzman of BG Move (30 min) (Beginner/Intermediate):

A special focus class to shape and strengthen your abdominal buttock and thigh muscles with this targeted high impact workout.

6:30 pm - Fitness Boot Camp with Kai of TKFit (30 min) (Beginner/Intermediate):

A type of interval training with bursts of intense activity alternated with intervals of lighter activity.

Saturday 3-27-21 - Family Fitness Fiesta!

9:10 am – Vinyasa Flow Yoga with Elena Acosta (20 min) Beginner:

In this gentle flowing class, allow your stress to melt away and move slowly through vinyasas, warrior III, balancing through a tree pose and ending your practice with gratitude in a savasana.

9:30 am – Boot Camp for Kids with Moses Tamayo (30 min) Beginner:

This is a fun workout for kids that will help improve strength and stamina for any activity.

10:00 am - Kid Power with Itze Bernal (20 min) Beginner:

A fun and safe strength training course for kids that will teach balance and control.