

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2022-2023 Fall/Winter Fitness Programming

AM

8:00-9:00am
**YOGA-PILATES
BLEND**

9:00-10:00am
FITNESS 101

10:00-11:00am
FITNESS 201

PM

4:30-5:30pm
**PHENOMENAL
ABDOMINALS**

5:30-6:30pm
VIN YIN

5:30-6:30pm
**RESTORATIVE
YOGA**

6:30-7:30pm
STEP IT UP!

5:30-6:30pm
FITNESS 101

6:30-7:30pm
FITNESS 201

5:30-6:30pm
**RESTORATIVE
YOGA**

6:30-7:30pm
**TOTAL BODY
STRENGTH**

GROUP FITNESS



Fitness Staff:

Angie Raizis, *Fitness Director*
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512-829-4340



For more information or to register, please contact Angie Raizis at 512-829-4340 or a.raizis@polotennisclub.com.

Polo Tennis & Fitness Club | 13730 US-290 Austin, TX 78737 | www.polotennisclub.com



Fitness 101

Wednesday 5:30-6:30pm, Saturday 9:00-10:00am

Fitness 101 is our introductory fitness program. These group classes put you through your paces, whilst introducing you to a variety of fitness styles and techniques. Perfect if you are just starting up your fitness regime, or coming back after a prolonged break.

Fitness 201

Wednesday 6:30-7:30pm, Saturday 10:00-11:00am

Now you have graduated 101, it is time to take your training to the next level in Fitness 201. This class will advance the techniques and baseline fitness developed in our 101 program, whilst challenging you to achieve new heights as you continue your fitness journey.

Phenomenal Abdominals

Monday 4:30-5:30pm

This core class focuses on your power house! Each exercise will target your center offering hip strengthening, lower back flexibility and everything in between!

Restorative Yoga

Tuesday and Thursday 5:30-6:30pm

This class focuses on stillness, long (2-3 minute) holds and deep breathing to increase flexibility and mobility, balance nervous system and release muscular tension. More than stretching, it provides framework for openings of the body, myofascial release, targets internal organs, breath and mind.

Step It Up! (HIIT)

Tuesday 6:30-7:30pm

This High Intensity Interval Training (HIIT) class requires you to step your workout up to the next level through a combination of strength, agility, dynamic, functional, core and cardiovascular intense bursts followed by short active recovery periods. Each class will bring different variations of exercises with elements of Pilates, Tabata and of course, Step.

Total Body Strength

Thursday 6:30-7:30pm

This strength training class works all major muscle groups and stabilizers through a variety of dynamic exercises. This is an athletic-based sculpting class that tones upper, lower and core by using resistance. Dumbbells, bands, body bars and even your own body weight will be utilized throughout.

Vin-Yin (Vinyasa 30/Yin 30)

Monday 5:30-6:30pm

This class starts with 30 minutes of dynamic and functional Vinyasa flow and ends with 30 minutes of deep Yin holds. Through this combination of strength, breath, flow, balance, movement and stillness, this class offers an active as well as mindful and meditative approach to build strength and awareness of the body and mind.

Yoga-Pilates Blend

Saturday 8:00-9:00am

This class combines elements of different elements of Hatha, Vinyasa and mat Pilates moves for a fun way to stretch, strengthen and de-stress. Through breath, balance, proper alignment and core engagement, this class offers a mindful and meditative approach to build awareness.



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