

MONDAY

6 - 6:55		Muscles.....	Stephanie Buck	M
6 - 7	♂	Yoga Power	Nosa Edebor	B
6:15 - 7		TRX	Celeste Luke	S
7:15 - 8:15	♂AA	Yoga Stretch	Nosa Edebor	B
7:15 - 8:15		Step & BARRE	Shanna Finucane	S
7:30 - 8:15	♂	VideoSpin**	Hardy Pollard	SU
7:50 - 8:30		Arms & Abs.....	Joel Didow	M
8:30 - 9:30		Cardio Kickbox.....	Eran Malone	S
8:30 - 9:30	♂	Yoga Body	Jacelyn Streit	B
8:45 - 9:30		Pure Cycle.....	Joel Didow	SU
8:45 - 9:30		Contemporary Pilates	Stacy Skolnik	M
9:40 - 10:10		LIFT 30	Joel Didow	S
9:45 - 10:30		Rhythm Ride.....	Stacy Skolnik	SU
9:45 - 10:45		Cutting EDGE	Colleen Kennedy	M
9:45 - 10:45		Yoga Power	Susy Crosser	B
10:20 - 11:05		Strong BARRE.....	Maria Kelly	S
11 - 11:50		Zumba	Mario Valencia	M
11 - 12	♂	Yoga Flow	Marizol Cabrera.....	B
11:15 - 12		Muscles.....	Cathy Wertheimer	S
12 - 12:45		BARRE off the BARRE	Y.J. Garbo	M
12:15 - 1	♂	Yoga Basics.....	Farida Meguid.....	B
1 - 1:45		Arms & Abs.....	Y.J. Garbo	M
1:15 - 2	AA	Just for Men	Johnny Quintanilla.....	S
1:30 - 2:30	♂AA	Yoga Stretch & Sound Journey	Farida Meguid.....	B
2 - 2:45	AA	Vintage Vitality	Mitzi Ruff	M
3 - 3:45	♂	Classic Pilates	Katrina Ellsworth	M
4 - 4:45	♂	H - Dance	Bob Luna.....	M
5 - 5:45		Power Pilates	Melinda Grunewald	M
5 - 5:45		TRX HIIT	Steven Elizondo	S
5:30 - 6:30		VideoRide	Martica Heaner.....	SU
6 - 6:45		Cutting EDGE	Bond Bourquien.....	M
6 - 6:45	♂	miniBARRE.....	Stacy Skolnik	S
6 - 7		Yoga Bootcamp.....	Andrew Dugas	B
6:50 - 7:35		Muscles.....	Martica Heaner.....	S
7 - 8		Zumba®	Shellah Ley	M

TUESDAY

5:45 - 6:30		Pure Cycle.....	Leslie Zizinia	SU
6 - 7		Cutting EDGE	Emma Aguirre.....	S
6:40 - 7:10		LIFT 30	Leslie Zizinia	M
7:30 - 8:15		Pure Cycle.....	Taylor Arenz.....	SU
7:30 - 8:15		Overload	Emma Aguirre.....	M
7:30 - 8:30		Yoga Body	Marizol Cabrera.....	B
8:30 - 9:15		K.A.R.B.....	Leslie Zizinia	S
8:45 - 9:25		Dirty Thirty	Jarrold Marrs	BB
8:45 - 9:35		VideoSpin**	Hardy Pollard	SU
8:45 - 9:45		Core Motion.....	Maria Kelly	M
8:45 - 10:15		Yoga Flow	Marizol Cabrera.....	B
9:15 - 9:25		Stop & Stretch	Leslie Zizinia	S
9:45 - 10:25		Dirty Thirty	Jarrold Marrs	BB
9:45 - 10:30		K.A.R.B.....	Melissa Shippy	S
10 - 11		Urban Rebounding.....	Eran Malone	M
10:15 - 11		Cycle Basics.....	Martica Heaner.....	SU
10:30 - 11:45	♂	Therapy Ball Class.....	Steven Villanueva.....	B
10:40 - 11:25		Cutting EDGE	Cathy Wertheimer	S
11:15 - 12	AA	Muscles Basics	Martica Heaner.....	M
11:35 - 12:20	♂	Rhythm Step.....	Y.J. Garbo	S
12 - 12:50	♂	Pure Cycle.....	Frances Caron	SU
12 - 1	♂AA	Yoga Therapy.....	Robert Boustany	B
12:15 - 1		Blitz	Andrew Chaddick.....	PZ
12:15 - 1	AA	Pilates Basics.....	Stacy Skolnik	M
1:15 - 1:45	♂AA	Body Mechanics.....	Robert Boustany	S
1:30 - 2:30	♂AA	Yoga Stretch	Steven Villanueva.....	B
1:30 - 2:15	AA	Tai Chi for Arthritis.....	Simone Olivier	M
4:30 - 5:10		LEGS	Joel Didow	M
5:15 - 6		miniBARRE.....	Bond Bourquien.....	S
5:15 - 6:15	♂	Yoga Body	Larry Thraen	B
5:30 - 6:10		Arms & Abs.....	Joel Didow	M
5:45 - 6:30		Pure Cycle.....	Sarah Holloway	SU
6:15 - 7	♂	Contemporary Pilates	Melinda Grunewald	S
6:30 - 7:15	♂	K.A.R.B Cardio.....	Bond Bourquien.....	M
6:30 - 7:30		Yoga Power	Stephanie McCarrey	B

WEDNESDAY

6 - 7		Classic Pilates & Props	Erik Johnson	S
6:10 - 7		Muscles.....	Eran Malone	M
6:15 - 7		Better Body Bootcamp	Matt McCullough.....	BB
7:15 - 8:15	AA	Yoga Therapy.....	Andrew Dugas.....	B
7:15 - 8:15		Cutting EDGE	Shanna Finucane	M
7:30 - 8:15	♂	Strong BARRE.....	Tyler Barbier	S
8:30 - 9:30		Yoga Lab	Andrew Dugas.....	B
8:30 - 9:30		Cutting EDGE	Eran Malone	M
8:45 - 9:30		BARRE CODE	Stacy Skolnik	S
8:45 - 9:30		Rhythm Ride.....	Susy Crosser	SU
9:45 - 10:45		Yoga Flow	Marizol Cabrera	B
9:45 - 10:25		Arms & Abs.....	Leslie Zizinia	M
9:45 - 10:30		Rhythm Ride.....	Cathy Wertheimer	SU
9:45 - 10:50		Ultimate Conditioning.....	Melissa Shippy.....	S
10:35 - 11:20		Contemporary Pilates	Maria Kelly.....	M
11 - 11:45	♂	Yoga Body	Susy Crosser	B
11 - 11:50		TRX.....	Jarrold Marrs	S
12 - 1	♂AA	Yoga Stretch	Ethan Spell.....	B
1:15 - 2	AA	Just for Men	Chad Fuqua	S
2 - 2:45	AA	Seated Stretch & Strength for Seniors	Frances Caron	M
4:30 - 5:15		K.A.R.B.....	Bond Bourquein.....	S
5:30 - 6:15	♂	Yoga Body	Nosa Edebor	B
5:30 - 6:15		Cutting EDGE	Tammy Harris	M
5:45 - 6:30		Pure Cycle.....	Steven Elizondo	SU
6:30 - 7:15	♂AA	Yoga Stretch	Nosa Edebor	B
6:30 - 7:30		Zumba	Varelis Fis-Brunet	M
7:20 - 7:35	♂AA	Sound Journey	Nosa Edebor	B

THURSDAY

5:45 - 6:30		Pure Cycle.....	Emma Aguirre.....	SU
6 - 7	♂	Yoga/Pilates Fusion.....	Alyssa Diaz	B
6:15 - 7		TRX.....	Joel Didow	S
6:40 - 7:10		LIFT 30	Emma Aguirre.....	M
7:15 - 8:15		Muscle Lab.....	Colleen Kennedy	M
7:30 - 8:15		Pure Cycle.....	Joel Didow	SU
7:30 - 8:30		Yoga Body	Marizol Cabrera	B
8:30 - 9:15		miniBARRE.....	DK.....	S
8:30 - 9:15		K.A.R.B.	Leslie Zizinia	M
8:45 - 9:30	♂	Pure Cycle.....	Celeste Luke	SU
8:45 - 10:15		Yoga Flow	Marizol Cabrera	B
9:30 - 10:15		Muscles	Cathy Wertheimer	M
9:30 - 10:15	♂	Cutting EDGE	Melissa Shippy.....	S
9:30 - 10:30		Body Blast Circuit.....	Jarrold Marrs	BB
9:45 - 10:35		VideoSpin**	Hardy Pollard	SU
10:15 - 10:25	♂	Stop & Stretch	Melissa Shippy.....	S
10:30 - 11:15		Rhythm Step.....	Y.J. Garbo	M
10:30 - 11:20		Pilates On The BOSU	Maria Kelly.....	S
10:30 - 11:30	♂	Yoga Body	Nosa Edebor	B
11:30 - 12:15		BARRE off the BARRE	Y.J. Garbo	M
11:30 - 12:15		Muscle Basics	Stephanie Buck	S
12 - 1	♂AA	Yoga Therapy.....	Robert Boustany.....	B
12:15 - 1		Blitz	Andrew Chaddick.....	PZ
12:30 - 1:15	AA	Pilates Basics.....	Melinda Grunewald.....	M
1:15 - 2:15		Yin Yoga	Jaclyn Streit	B
5 - 5:45		miniBARRE.....	Tyler Barbier	S
5:30 - 6:15		Overload	Steven Elizondo	M
6 - 7	♂AA	Yoga Stretch & Sound Journey	Stephanie McCarrey.....	B
6:15 - 7:15	♂	Classic Pilates	Erik Johnson	S
6:30 - 7:15		Zumba®	Shellah Ley.....	M

FRIDAY

6 - 7		Muscles.....	Eran Malone	M
6:15 - 7		Better Body Bootcamp	Matt McCullough.....	BB
7 - 7:45		Yoga Therapy.....	Larry Thraen	B
7:15 - 8:15		Step 150	Shanna Finucane	M
8 - 9		Yoga Body	Steven Villanueva	B
8:30 - 9:15		Power Sculpt	Jaclyn Streit	M
8:30 - 9		K.A.R.B. 30	Tyler Barbier	S
8:45 - 9:30	♂	Pure Cycle	DK	SU
9:10 - 10:10		Kick Mix	Eran Malone	S
9:15 - 10:15	♂	Yoga Power	Steven Villanueva	B
9:25 - 10:10		BARRE off the BARRE	Maria Kelly.....	M
9:45 - 10:30		Rhythm Ride.....	Martica Heaner.....	SU
10:20 - 10:50		LIFT 30	Y.J. Garbo	M
10:20 - 11		Jump & Pump	Melissa Shippy	S
10:30 - 11:30		Yoga Flow	Marizol Cabrera	B
11 - 11:45		Muscles.....	Y.J. Garbo	M
11:10 - 11:55		Contemporary Pilates	Cathy Wertheimer	S
12 - 12:45		Zumba	Tatiana Torrente	M
12 - 1		Yoga Body	Susy Crosser	B
1 - 1:45	AA	Muscles Basics	Joel Didow	M
1:15 - 2:15	AA	Yoga Stretch	Ethan Spell.....	B
1:15 - 2	AA	Just For Men	Chad Fuqua	S
2:20 - 2:45	♂AA	The Meditation Class.....	Ethan Spell	B
5 - 5:45		Pilates for Men	Erik Johnson	M
6 - 7		Yoga Bootcamp.....	Andrew Dugas.....	B

SATURDAY

7:15 - 8	♂	Muscles.....	Martica Heaner.....	M
8:15 - 9:15		Yoga Lab	Andrew Dugas.....	B
8:15 - 9:15		Cutting EDGE	Shanna Finucane	M
8:15 - 8:55		TRX	Lori Fazzini	S
8:30 - 9:15		Pure Cycle.....	DK.....	SU
9:05 - 9:35		LIFT 30	Y.J. Garbo	S
9:30 - 10:15		Rhythm Ride	Susy Crosser	SU
9:30 - 10:30	♂AA	Yoga Therapy.....	Andrew Dugas.....	B
9:30 - 10:30		Zumba®	Shellah Ley.....	M
9:45 - 10:30		Muscles.....	Y.J. Garbo	S
10:30 - 11:20		VideoSpin**	Hardy Pollard	SU
10:45 - 11:30		K.A.R.B Cardio.....	Y.J. Garbo	M
10:45 - 11:45		Power Pilates	Melinda Grunewald	S
10:45 - 11:45		Yoga Power	Susy Crosser	B
12 - 12:45		miniBARRE.....	Melinda Grunewald	S
12 - 1		Yoga Weighted.....	Susy Crosser.....	M
12 - 1	♂AA	Yoga Stretch	Houstonian Team	B
1 - 1:45		TRX	Steven Elizondo	S

SUNDAY

8:30 - 9:15		Pure Cycle.....	Tyler Barbier	SU
8:45 - 9:45		Contemporary Pilates	Erik Johnson	M
8:45 - 9:40		Step 130	Ben Roberson	S
9:00 - 10:00		Yoga Body	Larry Thraen	B
9:45 - 10:20		K.A.R.B.....	Tyler Barbier	S
9:55 - 10:35		Arms & Abs.....	Joel Didow	M
10 - 10:45		VideoRide	Martica Heaner.....	SU
10:15 - 11:15		Yoga Power	Nosa Edebor	B
10:45 - 11:45		Urban Rebounding.....	Eran Malone	M
11 - 11:45		Cycle UNPLUGGED	Joel Didow	SU
11 - 11:45		miniBARRE.....	DK.....	S
11:30 - 12:30	♂AA	Yoga Stretch	Nosa Edebor	B
12 - 12:45		LIFT 30 + Hard Core	Joel Didow	M
12:35 - 1		Sound Journey	Nosa Edebor	B
1 - 2		Zumba	Varelis Fis - Brunet	M
1:15 - 2	♂AA	Yoga Stretch	Steven Villanueva.....	B
2:15 - 3		Yoga Rx: Foam + Ball	Susy Crosser	B
3:15 - 4:15	♂	Yoga Power.....	Susy Crosser	B
4:30 - 5:30		Yoga Lab	Andrew Dugas.....	B
4:30 - 5:30		Ride through the Holidays.....	Susy Crosser	SU
5:45 - 6:45	♂AA	Yoga Therapy	Andrew Dugas.....	B

B: Breathe M: Move ME: Meadow PZ: Performance Zone S: Strong SU: Surge
AA: Active Aging

TPG: Tennis Plaza Green

**Viewer Discretion

♂: Kids age 12–14 may attend with parent. RR: Reservation Required

-----BASICS-----

Just For Men: A class designed specifically for men to improve cardiovascular health and keep you moving!

Muscle Basics: A modified strength training class. Slower, simplified moves with more challenging options allows participants of all ages and levels to get the muscle building workout they need.

Plates Basics: A gentle version of our Classic Plates class.

Seated Stretch & Strength For Seniors: A class designed to help you with agility, flexibility, strength, and balance.

Stop & Stretch: Struggling to find (or make) the time to stretch? Stop by for 10 minutes and treat your body to a relaxing and well-deserved stretch. You'll be glad you did!

Vintage Vitality: This class combines gentle strength, balance, and cardio exercises specifically designed for our aging population. Each class focuses on improving mobility, maintaining functional strength, and enhancing overall well-being in a low-impact, supportive environment. The many benefits of this class include boosting heart health, improving balance and flexibility, and simply making daily activities more accessible and enjoyable.

-----STRENGTH-----

Arms & Abs: Improve your upper body strength in this basic muscle building class using light, medium and heavy dumbbells. We'll give you core-focused exercises between each set and guarantee you will walk out of each class with stronger Arms and Abs!

Blitz: A class that provides the ultimate combination of cardio intervals and functional exercises with light weights and bodyweight movements. Blitz training increases your strength to maintain a higher intensity during your workouts and increases your dynamic stability and movement proficiency.

Cutting EDGE: A more refined format including traditional weight training combined with timed cardio intervals consisting of basic, athletic movements specifically designed to enhance the strength portion of the workout experience.

Hard Core: Specific, intense and effective class targeting core abdominal muscles. Each class is unique.

K.A.R.B.: Create "Killer Abs & Rock Bottoms" with this powerful, integrated workout designed to re-shape, define & strengthen your lower body and abs.

K.A.R.B. Cardio: We take our signature K.A.R.B. ("Killer Abs & Rock Bottoms") class to the next level by throwing in a variety of cardio segments to increase the calorie burn in this powerful, integrated workout designed to re-shape & define your lower body & strengthen your core.

LEGS: Strengthen and sculpt your quads, hamstrings and glutes while improving mobility and stability. Learn the correct form for squatting and lunging to gain maximum benefits.

LEFT 30: NO choreography & NO experience needed! In this class you'll do 30 minutes of "Just Weights". Perfect class to do after your own cardio workout.

LEFT 45: NO choreography & NO experience needed! In this class you'll do 45 minutes of "Just Weights". Perfect class to do after your own cardio workout.

Muscles: A muscle conditioning class for all levels, using various resistance equipment to build strength resulting in a total body weight workout.

Overload: Train your muscles in a new way in Overload! Try different techniques, such as AMRAP (as many reps as possible in a designated amount of time) and EMOM (every minute on the minute). This is a total body strength class broken down into rounds that overload each muscle group throughout class.

Power Sculpt: A truly unique and innovative way to get your full body workout in! This "bell-curve" formatted class will start gently on the floor with an inclusive warm-up and build into more challenging strength exercises using dumbbells and various props to build muscle, endurance and flexibility. Just as your're feeling

CLASS DESCRIPTIONS



GROUP EXERCISE

Last Updated

December 1, 2025

*Check our Group Exercise Facebook Page
for specialty classes and announcements*

To view schedule go to:
Houstonian App

Or
www.myhoustonian.com

the intensity, we'll take it up one more notch with short cardio bursts! Created with a yoga background, you will move your body in new ways and see new results.

TRX: Its amazing what you can do with just one piece of equipment! Get ready for an intense strength, stability and cardio workout utilizing the TRX straps. The unique training capabilities on the TRX system allow you to work multiple body parts simultaneously, providing a total body workout and challenging the core the entire time. All fitness levels are welcome.

TRX_HILL: This class will combine the unique training capabilities on the TRX system with classic high intensity intervals and strength work.

-----CARDIO-----

Cardio Kickbox: Fast-paced, high-energy, choreographed workout of kickboxing drills and combinations using heavy kickbox bags.

Core Motion: A non-stop cardio workout using a medicine ball that emphasizes functional movement, fat-burning and core strength.

Jump & Pump: Jump up your fitness level one song at a time in this fun, easy-to-follow workout utilizing the Rebounder trampoline and a variety of strength equipment. Each song is uniquely choreographed with cardio drills, core work, total body strength, and standing balance routines.

Kick Mix: Our traditional Cardio Kickbox class interrupted with short intervals of cardio & strength exercises using various equipment. Bosu, benches, body bars, ugs, tubing and more. Expect a fresh class each week!

Rhythm Step: A classic non-stop cardio workout performed at a pace of 135 - 145 bpm. Move to the rhythm of the music with fun, dynamic choreography. Step up, around, and down from the platform in different patterns to boost your heart rate and strengthen your muscles.

Step & BARRE: A fusion workout that combines STEP aerobics segments at a 150-bpm pace with full body BARRE moves at a slower pace for sculpting and toning. This class format will provide the super-energizing cardio you crave, as well as, focus on moves that elongate muscles, tone and improve posture. Grab your step and a set of light dumbbells for this 60-minute workout and get ready to have a blast.

Step 130: Have fun in this creative, choreographed step class perfered at 130 bpm. Each class is unique with new moves, light weights or balls to incorporate upper body and core work. This class files by!

Ultimate Conditioning: The ultimate total body cardio workout that rounds out any fitness routine. You will challenge your body in different ways, at different speeds in this cardio resistance class utilizing a variety of equipment. Bring your best effort while we focus on mind-body, stamina and strength, ending with a well-deserved yoga stretch.

Urban Rebounding: Stop running and start jumping into shape! Get your cardio workout on a mini-trampoline. Intermediate-Advanced

-----H.I.I.T. Formats-----

Better Body Bootcamp: Build muscle and burn fat in this fast-paced, high intensity bootcamp class. Utilizing a combination of plyometrics, agility work, bodyweight exercises, resistance bands, and stretching, this class will improve conditioning, strength, coordination and flexibility. This class has been thoughtfully designed to elevate heart rates and subsequently lower stress and maintain energy levels throughout the day.

Body Bias Circuit: The ultimate intense, high-energy, challenging but FUN circuit class! Get pushed to your limits with different exercises each week that build muscle, burn calories and change your body.

Dirty Thirty: A simple, effective, Tabata-style cardio workout consisting of three 10 minute rounds of exercises utilizing a variety of basic equipment. Get down and

balances and more. Most appropriate for active beginners and beyond

Yoga/Pilates Fusion: A dynamic blend of mindful movement and strength, this energizing session weaves together breath, flow, and core-focused sequences. Designed to refresh body and mind, it invites all levels to connect, move freely, and leave feeling balanced, centered, and renewed.

Yoga Weighted: This energizing yoga practice combines dynamic flows with Stakt adjustable hand weights to build strength, balance and mobility. Begin with a traditional warm-up, then move through weighted standing, balancing and supine poses. Finish with a calming cool down and shavasana.

Yoga Lab: This active beginner-level and higher practice develops functional strength and flexibility. Instead of classical yoga poses, instructors move the class through eclectic processes. Expect a range of poses from the simple to the challenging.

Yoga Power: Build focus, endurance, and flexibility in this challenging, full-body yoga class. This physically-intense practice moves at a steady pace through classical yoga poses to create a fluid, creative and energizing experience. Come with some previous yoga know-how and leave with a sweaty sense of energy and empowerment.

Yoga Bootcamp: Play hard to feel better! Develop your strength, range of motion and freedom from joint pain through intense yet smart work at your edges. Not a beginner practice and the ability to chuckle as you fail is helpful.

Yoga Flow: A physically challenging yoga practice blending traditional postures with today's music. Expect on-your-own flow sequences, advanced asana, and inversions, balanced by yin yoga and therapy ball work to restore and release. Prior yoga experience recommended for this dynamic, rewarding class.

PI-LATES

Classic Pilates: Learn the foundation and classic language of Pilates while developing core strength and flexibility. Modifications offered

Contemporary Pilates: We've re-defined classic Pilates techniques and made our Contemporary Pilates class challenging for beginning and intermediate participants. You'll add grace to your movements and feel your self confidence grow!

Power Pilates: Take your Contemporary Pilates to a different level with a faster pace and advanced options for each exercise.

Plates For Men: A classic Pilates class focusing on the unique needs of men. Learn the foundation and classic language of Pilates while developing core strength and flexibility.

Plates On the Bosu: Using Pilates principles and the BOSU, this class will challenge your core and your balance in multi dimensional ways. Take your Pilates workout, literally, to another level and enjoy this new enjoyable workout.

-----YOGA-----

In ascending order of physical intensity

The Meditation Class: In this practice of silence and stillness, be guided into present-moment awareness. Leave feeling refreshed. Beginner-friendly.

Sound Journey: A type of meditation where the sound and vibration of alchemy bowls holds space for participants who find in a position of stillness and silence and effortlessly shift into a state of restful ease where they can be healed, restored and awakened. Beginner-friendly.

Yin Yoga: This meditative practice targets deep connective tissues through long, passive holds—often felt as gentle stretch or tension. Unlike restorative yoga, which avoids sensation, this approach invites mild stress to improve flexibility, mobility, and energetic flow while cultivating inner stillness.

Yoga Stretch: A beginner-friendly, physically-mild practice of simple shapes and plenty of space for breath and being.

Yoga Stretch & Sound Journey: A beginner-friendly, physically-mild practice of simple shapes and plenty of space for breath and being. This practice ends with a 15-minute crystal bowl Sound Journey to enhance deep relaxation.

Yoga Therapy: A beginner-friendly, physically-mild practice to recapture healthy range of motion in joints and create healthy stability. No prior yoga experience needed.

Tai Chi For Arthritis: "Tai Chi for Arthritis" is a gentle exercise program using slow Tai Chi movements to improve joint mobility, reduce pain, and enhance balance. Tailored for arthritis, it incorporates controlled breathing, posture, and mindful movements to promote well-being, often led by a certified instructor experienced in adapting Tai Chi for arthritis.

Therapy Ball Class: Roll away your aches & pains! Use a variety of therapy balls and relevant techniques to target tight spots that need regular maintenance and attention for better performance. All levels.

Yoga Basics: Yoga Basics offers active beginners a steady, traditional practice with more physical intensity and movement than Yoga Stretch, yet simpler and less flowing than Yoga Body. With no music and minimal transitions, you'll explore foundational poses through mindful alignment, breath, and presence.

Yoga RX: Foam + Balls : This rejuvenating yoga class blends gentle movement with targeted therapy ball and foam roller techniques to release tension, improve circulation, and restore ease throughout the body. Ideal for relieving muscle tightness, enhancing mobility, and deepening body awareness for lasting relaxation.

Body Mechanics Workshop: Learn advanced injury-prevention techniques and how to maintain an active lifestyle. Using props like the barre, hand weights, and benches, you'll explore proper alignment to create uniform pressure around joints, ease chronic pain, and enhance mobility. Ideal for active individuals ready for the next step beyond Robert's Yoga Therapy classes.

Yoga Body: A well-rounded, moderately-physical yoga practice that includes classical yoga asanas such as sun salutations, standing poses, arm and leg

CLASS DESCRIPTIONS (CONTINUED)

dirty in thirty minutes, in this intense (but adaptable) workout designed for men and women of all fitness levels.

-----CYCLE-----

Cycle Basics: A modified ride combining all the elements of our varied cycle classes. You'll experience moderate intensity climbs and sprints, timed drills, rhythmic moves to the music, and simple upper body conditioning using light hand weights. All this while enjoying great tunes from past and present. This class is open and accessible to all ages and levels, so come ride modified.

Cycle UNPLUGGED: Prepare to "unplug" from it all for a unique Pure Cycle experience in the dark! No screens, no fitts, no lights. Be sure to arrive on time because once we get started...the lights go OUT.

Pure Cycle: Our H-Club Cycle Signature ride. This perfect blend of climbs, sprints and mixed terrain provides an opportunity to work with speed, strength, and endurance in every class.

Rhythm Ride: A one of a kind, exhilarating experience and amazing workout! Let the rhythm of the music lead you through this non-technical, beat-based ride. Perform simple upper body movements while using light weights to maximize your calorie burn.

Ride through the Holidays: Come start (or finish!) your week a challenge 60 - minute hybrid ride designed to take you to your edge. We'll combinesome choreography with hills and speed intervals to generate huge energy that will leave you fueled for your week ahead!

VideoRide: This is a specialized version of our Pure Cycle format that incorporates music videos throughout class. Enjoy the perfect blend of climbs, sprints, and mixed terrain to improve speed, strength, and endurance while staying entertained with videos in every class. *Viewer discretion is advised.

VideoSpin: This class is a full out PARTY ON THE BIKE! Get ready to be fully entertained with Music Videos, energetic and current music, fun and creative movements on the bike and upper body work with light weights. The ultimate cycle experience.

DANCE

BARRE

H - Dance: Easy, Fun and playful Dance move from song to song, to keep your heart rate up.

Zumba®: A fusion of Latin and International music dance that create a dynamic and exciting workout. These "FUN AND EASY TO DO" routines feature fitness interval training with a combination of fast and slow rhythms that sculpt the body.

BARRE CODE: Begin with a full warm-up including light upper body strength work and basic barre movements, then progress through a full body workout at the barre and finish on the mat with core and stretching.

A variety of equipment is used to make each class unique and individual to our wide range of seasoned and creative instructors. You will definitely "feel the burn" in this fun and effective barre class!

Strong BARRE: Spice up your weight workout by incorporating the BARRE! In this creative new format, you will combine traditional upper body exercises with dumbbells and total body BARRE moves.