

MONDAY				TUESDAY				WEDNESDAY				THURSDAY							
6-6:55		Muscles	Stephanie Buck	M	5:45-6:30		Pure Cycle	Leslie Zizinia	Surge	6-7		Classic Pilates & Props	Erik Johnson	S	5:45-6:30		Pure Cycle	Emma Aguirre	Surge
6-7	🔄	Yoga Power	Nosa Edebor	B	6-7		Cutting EDGE	Tammy Harris	S	6:10-7		Muscles	Eran Malone	M	6-7	🔄	Yoga Body	Gayatri Parikh	B
6:15-7		HIIT Cardio and Core	Celeste Luke	S	6:40-7:10		LIFT 30	Leslie Zizinia	M	6:15-7		Better Body Bootcamp	Matt McCullough	BB	6:15-7		TRX	Joei Didow	S
7:15-8:15	🔄	Yoga Stretch	Nosa Edebor	B	7:30-8:15		Pure Cycle	Taylor Arenz	Surge	7:15-8:15		Yoga Therapy	Andrew Dugas	B	6:40-7:10		LIFT 30	Emma Aguirre	M
7:15-8:15		Step & BARRE	Shanna Finucane	S	7:30-8:30		Yoga Body	Marizol Cabrera	B	7:15-8:15		Cutting EDGE	Shanna Finucane	M	7:15-8:15		Muscle Lab	Colleen Kennedy	M
7:30-8:15	🔄	VideoSpin**	Hardy Pollard	Surge	8:30-9:15		K.A.R.B.	Leslie Zizinia	S	7:30-8:15		Strong BARRE	Tyler Barbier	S	7:30-8:15		Pure Cycle	Joei Didow	Surge
7:50-8:30		Arms & Abs	Joei Didow	M	8:45-9:25		Dirty Thirty	Jarrold Marrs	BB	8:30-9:30	🔄	Yoga Lab	Andrew Dugas	B	7:30-8:30		Yoga Body	Marizol Cabrera	B
8:30-9:30	🔄	Cardio Kickbox	Eran Malone	S	8:45-9:35		VideoSpin**	Hardy Pollard	Surge	8:30-9:30		Cutting EDGE	Eran Malone	M	8:30-9:15		miniBARRE	DK	S
8:30-9:30		Yoga Body	Larry Thraen	B	8:45-9:45		Core Motion	Maria Kelly	M	8:30-9:15		BARRE CODE	Stacy Skolnik	S	8:30-9:15		K.A.R.B.	Y.J. Garbo	M
8:45-9:30		Pure Cycle	Joei Didow	Surge	8:45-10:15		Yoga Flow	Marizol Cabrera	B	8:45-9:30	🔄	Rhythm Ride	Susy Crosser	Surge	8:45-9:30	🔄	VideoRide	Martica Heaner	Surge
8:45-9:30		Contemporary Pilates	Stacy Skolnik	M	9:45-10:25		Dirty Thirty	Jarrold Marrs	BB	8:45-10:15		Yoga Flow	Marizol Cabrera	B	8:45-10:15		Yoga Flow	Marizol Cabrera	B
9:40-10:10		LIFT 30	Joei Didow	S	9:45-10:30		K.A.R.B.	Melissa Shippy	S	9:45-10:45		Yoga Flow	Marizol Cabrera	B	9:30-10:15		Muscles	Cathy Wertheimer	M
9:45-10:30		Rhythm Ride	Stacy Skolnik	Surge	9:45-10:30		Urban Rebounding	Eran Malone	M	9:45-10:45		Arms & Abs	Tammy Harris	M	9:30-10:15	🔄	Cutting EDGE	Melissa Shippy	S
9:45-10:45		Cutting EDGE	Colleen Kennedy	M	10-11		Cycle Basics	Martica Heaner	Surge	9:45-10:30		Pure Cycle	Stacy Skolnik	Surge	9:30-10:30		Body Blast Circuit	Jarrold Marrs	BB
9:45-10:45		Yoga Power	Susy Crosser	B	10:15-11		Therapy Ball Class	Misha Laird	B	9:45-10:30		Ultimate Conditioning	Melissa Shippy	S	9:45-10:35		VideoSpin**	Hardy Pollard	Surge
10:20-11:05		Strong BARRE	Maria Kelly	S	10:30-11:45	🔄	Cutting EDGE	Cathy Wertheimer	S	9:45-10:50		Contemporary Pilates	Maria Kelly	M	10:15-10:25	🔄	Stop & Stretch	Melissa Shippy	S
11-11:50		Zumba	Mario Valencia	M	10:40-11:25		Muscles Basics	Martica Heaner	M	11-11:45	🔄	Yoga Body	Susy Crosser	B	10:30-11:15		Rhythm Step	Y.J. Garbo	M
11-12	🔄	Yoga Flow	Marizol Cabrera	B	11:15-12		Step 150	Anthony May	S	11-11:50		TRX	Jarrold Marrs	S	10:30-11:20	🔄	Pilates On The BOSU	Maria Kelly	S
11:15-12		Muscles	Cathy Wertheimer	S	11:35-12:20	🔄	Pure Cycle	Frances Caron	Surge	11-11:50		Soul Grooves	Tammy Harris	M	10:30-11:30	🔄	Yoga Body	Nosa Edebor	B
12-12:45		BARRE off the BARRE	Y.J. Garbo	M	12-12:50	🔄	Yoga Therapy	Robert Boustany	B	11:35-12:35	🔄	Yoga Stretch	Misha Laird	B	11:30-12:15	🔄	Box & BARRE	Y.J. Garbo	M
12:15-1	🔄	Yoga Body	Farida Meguid	B	12-1	🔄	Blitz	Andrew Chaddick	PZ	11:35-12:35		The Meditation Class	Misha Laird	B	11:30-12:15		Functional Strength	Stephanie Buck	S
1-1:45		BOSU Blast	Y.J. Garbo	M	12:15-1		Pilates Basics	Stacy Skolnik	M	12-1	🔄	Just for Men	Chad Fuqua	S	12:15-1	🔄	Yoga Therapy	Robert Boustany	B
1:15-2		Just for Men	Johnny Quintanilla	S	1:30-2:30	🔄	Yoga Stretch	Steven Villanueva	B	1:05-1:30	🔄	Seated Stretch & Strength For Seniors	Frances Caron	M	12:30-1:15		Pilates Basics	Melinda Grunewald	M
1:30-2:30	🔄	Yoga Stretch & Sound Journey	Farida Meguid	B	2-2:45		Tai Chi	Simone Olivier	M	1:15-2		K.A.R.B.	Y.J. Garbo	S	12:45-1:45	RR	Bungee	Stephanie Buck	S
2-2:45		Vintage Vitality	Mitzi Ruff	M	4:30-5:10		LEGS	Joei Didow	M	2-2:45		Yoga Body	Nosa Edebor	B	1:15-2	🔄	Functional Mobility	Max Akulin	B
3-3:45	🔄	Classic Pilates	Katrina Ellsworth	M	5:15-6		miniBARRE	Y.J. Garbo	S	5:30-6:15	🔄	Cutting EDGE	Y.J. Garbo	M	2-2:45		Tai Chi	Simone Olivier	M
4-4:45	🔄	H - Dance	Bob Luna	M	5:15-6:15	🔄	Yoga Body	Larry Thraen	B	5:30-6:15		Pure Cycle	Steven Elizondo	Surge	5-5:45		miniBARRE	Tyler Barbier	S
5-5:45		Power Pilates	Melinda Grunewald	M	5:30-6:10		Arms & Abs	Joei Didow	M	5:30-6:15	🔄	Yoga Stretch	Nosa Edebor	B	5:30-6:15		LIFT 45	Susy Crosser	M
5-5:45		TRX HIIT	Steven Elizondo	S	6:15-7	🔄	Contemporary Pilates	Melinda Grunewald	S	6:30-7:15	🔄	K.A.R.B Cardio	Y.J. Garbo	M	6-6:45		Pure Cycle	Tyler Barbier	Surge
5:30-6:30		VideoRide	Martica Heaner	Surge	6:30-7:15	🔄	Yoga Power	Stephanie McCarrey	B	6-7	🔄	Yoga Bootcamp	Andrew Dugas	B	6-6:45	🔄	Yoga Stretch & Sound Journey	Stephanie McCarrey	B
6-6:45		Cutting EDGE	Eran Malone	M	6:30-7:30					7-7:45		LIFT 45	Martica Heaner	S	6-7	🔄	Classic Pilates	Erik Johnson	S
6-6:45	🔄	miniBARRE	Stacy Skolnik	S						7-8		Zumba*	Shellah Ley	M	6:15-7:15	🔄	Zumba*	Shellah Ley	M
6-7		Yoga Bootcamp	Andrew Dugas	B						7:15-8:15		Yoga Power	Charlotte Morales	B					

FRIDAY				SATURDAY				SUNDAY				Active Aging WEEKLY CLASS SCHEDULE							
6-7		Muscles	Eran Malone	M	7:15-8	🔄	Muscles	Martica Heaner	M	8:30-9:15		Pure Cycle	Tyler Barbier	Surge	<u>Monday</u>				
6:15-7		Better Body Bootcamp	Matt McCullough	BB	8:15-9:15		Yoga Lab	Andrew Dugas	B	8:45-9:45		Contemporary Pilates	Erik Johnson	M	7:15-8:15	🔄	Yoga Stretch	Nosa Edebor	B
7-7:45		Yoga Therapy	Larry Thraen	B	8:15-9:15		Cutting EDGE	Shanna Finucane	M	8:45-9:40		Step 130	Ben Roberson	S	1:15-2		Just for Men	Johnny Quintanilla	S
7:15-8:15		Step 150	Shanna Finucane	M	8:30-9:15		Pure Cycle	DK	Surge	9:00-10:00		Yoga Body	Larry Thraen	B	1:30-2:30	🔄	Yoga Stretch & Sound Journey	Farida Meguid	B
8-9		Healthy Backs Yoga	Steven Villanueva	B	8:30-9:15		TRX	Rachel Lootens	S	9:45-10:20		K.A.R.B.	Tyler Barbier	S	2-2:45		Vintage Vitality	Mitzi Ruff	M
8:30-9:15		Cutting EDGE	Hardy Pollard	M	9:30-10:15		Muscles	Y.J. Garbo	S	10-10:45		VideoRide	Martica Heaner	Surge	<u>Tuesday</u>				
8:30-9		K.A.R.B. 30	Tyler Barbier	S	9:30-10:15		Rhythm Ride	Susy Crosser	Surge	10:15-11:15		Yoga Power	Nosa Edebor	B	10:30-11:45	🔄	Therapy Ball Class	Misha Laird	B
8:45-9:30	🔄	Rhythm Ride	DK	Surge	9:30-10:30	🔄	Yoga Therapy	Andrew Dugas	B	9:55-10:35		Arms & Abs	Joei Didow	M	11:15-12		Muscles Basics	Martica Heaner	M
9:10-10:10		Kick Mix	Eran Malone	S	9:30-10:30		Zumba*	Shellah Ley	M	10-10:45		VideoRide	Martica Heaner	Surge	12-1	🔄	Yoga Therapy	Robert Boustany	B
9:15-10:15	🔄	Yoga Body	Steven Villanueva	B	10:30-11:20		VideoSpin**	Hardy Pollard	Surge	10:15-11:15		Yoga Power	Nosa Edebor	B	12:30-1:15	🔄	Pilates Basics	Stacy Skolnik	M
9:25-10:10		BARRE off the BARRE	Maria Kelly	M	10:30-11:30		Power Pilates	Melinda Grunewald	S	10:45-11:45		Urban Rebounding	Eran Malone	M	1:30-2:30	🔄	Yoga Stretch	Steven Villanueva	B
9:45-10:30		Rhythm Ride	Martica Heaner	Surge	10:45-11:30		K.A.R.B Cardio	Y.J. Garbo	M	11-11:45		Cycle UNPLUGGED	Joei Didow	Surge	2-2:45		Tai Chi	Simone Olivier	M
10:20-10:50		LIFT 30	Y.J. Garbo	M	9:30-10:30		Zumba*	Shellah Ley	M	11-11:45		miniBARRE	DK	S	<u>Wednesday</u>				
10:20-11		Jump & Pump	Melissa Shippy	S	10:45-11:45		Yoga Power	Susy Crosser	B	11-11:45		miniBARRE	DK	S	7:15-8:15		Yoga Therapy	Andrew Dugas	B
10:30-11:30		Yoga Flow	Marizol Cabrera	B	11:45-12:30		miniBARRE	Melinda Grunewald	S	11-11:45		miniBARRE	DK	S	12-1	🔄	Yoga Stretch	Misha Laird	B
11-11:45		Muscles	Y.J. Garbo	M	11:45-12:30		Yoga Power	Susy Crosser	B	11:30-12:30	🔄	Yoga Stretch	Misha Laird	B	1:05-1:30	🔄	The Meditation Class	Misha Laird	B
11:10-11:55		Contemporary Pilates	Melinda Grunewald	S	12-1	🔄	Yoga Stretch	Houstonian Team	B	12-12:45		LIFT 30 + Hard Core	Joei Didow	M	1:15-2		Just for Men	Chad Fuqua	S
12-12:45		Zumba	Tatiana Torrente	M	1-1:45		TRX	Rachel or Steven	S	12:30-1:30	RR	Bungee	Stephanie Buck	S	2-2:45		Seated Stretch & Strength For Seniors	Frances Caron	M
12-1		Yoga Body	Susy Crosser	B	2:30-3:30	🔄	Yoga Body	Gayatri Parikh	B	12:45-1:30	🔄	Yoga Stretch	Misha Laird	B	<u>Thursday</u>				
1-1:45		Muscles Basics	Joei Didow	M						1-2		Zumba	Varelis Fis - Brunet	M	11:30-12:15		Functional Strength	Stephanie Buck	S
1:15-2:15		Yoga Stretch	Misha Laird	B						1-2	🔄	The Meditation Class	Misha Laird	B	12-1	🔄	Yoga Therapy	Robert Boustany	B
1:15-2		Just For Men	Chad Fuqua	S						2:15-3		Foam Roller Yoga	Ethan Spell	B	12:30-1:15	🔄	Pilates Basics	Melinda Grunewald	M
2:20-2:45	🔄	The Meditation Class	Misha Laird	B						3:15-4:15	🔄	Yoga Power	Ethan Spell	B	1:15-2	🔄	Functional Mobility	Max Akulin	B
4-4:45		Therapy Ball Class	Misha Laird	B						4:30-5:30		Yoga Lab	Andrew Dugas	B	2-2:45		Tai Chi	Simone Olivier	M
4:50-5:30	🔄	Restorative Yoga	Misha Laird	B						5:45-6:45	🔄	Yoga Therapy	Andrew Dugas	B	<u>Friday</u>				
5-5:45		Pilates for Men	Erik Johnson	M											1-1:45		Muscles Basics	Joei Didow	M
6-7		Yoga Bootcamp	Andrew Dugas	B											1:15-2:15		Yoga Stretch	Misha Laird	B
															1:15-2		Just For Men	Chad Fuqua	S

B: Breathe M: Move S: Strong **Viewer Discretion 🔄Kids age 12 - 14 may attend with parent. TPG: Tennis Plaza Green ME:Meadow PZ: Performance Zone RR: Reservation Required



GROUP EXERCISE

Last Updated January 02, 2025

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

To view schedule go to:
Houstonian App

Or

www.myhoustonian.com

CLASS DESCRIPTIONS

-----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.

Functional Strength: an integrated total body approach that guides participants to build strength and resilience (AKA injury prevention) of the entire body.

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.

LIFT 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.

LIFT 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.

TRX: It's 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.

a fun way with the multi-purpose foam roller.
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 that combines traditional yoga poses with the vibes of today's music. May include on-your-own flow work to music, advanced-level asana work, deep hip openers and inversions. Previous yoga experience recommended.

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

-----CARDIO-----
Bungee: Come and fly with our instructors for a low impact and fun experience. This class focuses on plyometrics, aerobic cardio, and resistance training that will help your muscles maximize their force all without the pain. This class is fun and high energy, come and take flight!
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 trampolene 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 performed 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!

Step 150: Get ready to move quick and have fun in a creative, choreographed step class performed at 150 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

-----HIIT 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 Blast 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.

HIT Cardio and Core: This fast-paced class alternates timed intervals of high impact/plyometric cardio moves with core exercises on the mat. Bodyweight and a variety of fitness equipment will be used. *Recommended for those with ability to quickly move from standing to floor position.

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 dirty in thirty minutes, in this intense (but adaptable!) workout designed for men

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.
Pilates For Men: A classic Pilates class focusing on the needs of men. Learn the foundation and classic language of Pilates while developing core strength and flexibility.
Pilates 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. 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.
Restorative Yoga: A bag Unlike more active yoga styles that focus on building strength or flexibility, Restorative Yoga emphasizes stillness and comfort. Reduce the physical and mental effects of everyday stress through simple poses where your body is almost fully reliant on the support of bolsters and blocks. Restore yourself with some bolstered bliss!
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 Health: Tai Chi for Health combines martial arts movement with intention and deep breathing. This mind/body practice is considered a "metabolic" exercise that can reduce stress, enhance sleep, help the body function effectively and combat a variety of ills. After a warm-up, we'll move through tai chi sequences and close with meditation. This class is excellent for beginners as well as experienced tai chi practitioners.
Functional Mobility: Improve functional daily movements including effective pre-hab and re-hab for those ormyery body parts. Gain mobility and strength through unloaded end range isometric contractions while identifying your asymmetries and targeting weak muscles
Healthy Backs Yoga: Reduce back unpleasantness by waking up a key network of head-to-heel muscles on the back of your body! Learn to strengthen and stretch in just the right places to create a strong yet supple whole body support for your vulnerable back. Targeted, conscious breathing decompresses the spine, leaving you free to walk away with more ease and stability.
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 Body: A well-rounded, moderately-physical yoga practice that includes classical yoga asanas such as sun salutations, standing poses, arm and leg balances and more. Most appropriate for active beginners and beyond.
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.
Foam Roller Yoga: Use yogic methods to develop strength, flexibility and skills in

CLASS DESCRIPTIONS (CONTINUED)

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 fills, 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.

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-----
H - Dance: Easy, Fun and playful Dance move from song to song, to keep your heart rate up.
Soul Grooves: A high-energy, heart pounding, calorie-burning hip-hop inspired dance guaranteed to make you sweat. In 60 minutes, you will learn up to 12 upbeat, medium-impact dance and cardio routines.
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-----
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!
BARRE off the BARRE: Put your balance to the test in this barre class WITHOUT the barre! This unique, low-impact class combines traditional barre moves to sculpt your glutes and light weights for upper body and standing core work.
miniBARRE: A 45-minute condensed version of our signature BARRE CODE class. Begin with a quick warm-up including light upper body workout at the barre. 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.
-----PILATES-----
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 Class challenging for beginning and intermediate participants.

-----PILATES-----