

MONDAY

6 - 6:55	Muscles.....	Stephanie Buck.....	M
6 - 7	Yoga Power.....	Nosa Edebor.....	B
6:15 - 7	HIIT Cardio and Core	Celeste Luke.....	S
7:15 - 8:15	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.....	Joei Didow.....	M
8:30 - 9:30	Cardio Kickbox.....	Eran Malone.....	S
8:30 - 9:30	Yoga Body	Larry Thraen.....	B
8:45 - 9:30	Pure Cycle	Joei Didow.....	SU
8:45 - 9:30	Contemporary Pilates	Stacy Skolnik.....	M
9:40 - 10:10	LIFT 30.....	Joei 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 Body	Farida Meguid.....	B
1 - 1:45	BOSU Blast.....	Y.J. Garbo.....	M
1:15 - 2	Just for Men.....	Johnny Quintanilla.....	S
1:30 - 2:30	Yoga Stretch & Sound Journey.....	Farida Meguid.....	B
2 - 2:45	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	Eran Malone.....	M
6 - 6:45	miniBARRE.....	Stacy Skolnik.....	S
6 - 7	Yoga Bootcamp.....	Andrew Dugas.....	B
7 - 7:45	LIFT 45.....	Martica Heaner.....	S
7 - 8	Zumba@.....	Shellah Ley.....	M
7:15 - 8:15	Yoga Power.....	Charlotte Morales.....	B

TUESDAY

5:45 - 6:30	Pure Cycle	Leslie Zizinia.....	SU
6 - 7	Cutting EDGE	Tammy Harris.....	S
6:40 - 7:10	LIFT 30.....	Leslie Zizinia.....	M
7:30 - 8:15	Pure Cycle	Taylor Arenz.....	SU
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	K.A.R.B.	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	Misha Laird.....	B
10:40 - 11:25	Cutting EDGE	Cathy Wertheimer.....	S
11:15 - 12	Muscles Basics	Martica Heaner.....	M
11:35 - 12:20	Step 150.....	Anthony May.....	S
12 - 12:50	Pure Cycle	Frances Caron.....	SU
12 - 1	Yoga Therapy.....	Robert Boustany.....	B
12:15 - 1	Blitz.....	Andrew Chaddick.....	PZ
12:15 - 1	Pilates Basics.....	Stacy Skolnik.....	M
1:30 - 2:30	Yoga Stretch	Steven Villanueva.....	B
1:30 - 2:15	Tai Chi for Balance & Memory	Simone Olivier.....	M
4:30 - 5:10	LEGS.....	Joei Didow.....	M
5:15 - 6	miniBARRE.....	Y.J. Garbo.....	S
5:15 - 6:15	Yoga Body	Larry Thraen.....	B
5:30 - 6:10	Arms & Abs.....	Joei Didow.....	M
6:15 - 7	Contemporary Pilates	Melinda Grunewald.....	S
6:30 - 7:15	K.A.R.B Cardio	Y.J. Garbo.....	M
6:30 - 7:30	Yoga Power.....	Stephanie McCarrey.....	B

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

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	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.....	Tammy Harris.....	M
9:45 - 10:30	Pure Cycle	Stacy Skolnik.....	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
11:35 - 12:35	Soul Grooves.....	Tammy Harris.....	M
12 - 1	Yoga Stretch.....	Misha Laird.....	B
1:05 - 1:30	The Meditation Class	Misha Laird.....	B
1:15 - 2	Just for Men.....	Chad Fuqua.....	S
2 - 2:45	Seated Stretch & Strength for Seniors.....	Frances Caron.....	M
4:30 - 5:15	K.A.R.B.....	Y.J. Garbo.....	S
5:30 - 6:15	Yoga Body	Nosa Edebor.....	B
5:30 - 6:15	Cutting EDGE	Y.J. Garbo.....	M
5:45 - 6:30	Pure Cycle	Steven Elizondo.....	SU
6:30 - 7:15	Yoga Stretch.....	Nosa Edebor.....	B
6:30 - 7:30	Zumba.....	Rachel Lootens.....	M
7:20 - 7:35	Sound Journey	Nosa Edebor.....	B

THURSDAY

5:45 - 6:30	Pure Cycle	Emma Aguirre.....	SU
6 - 7	Yoga Body	Gayatri Parikh.....	B
6:15 - 7	TRX.....	Joei 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.....	Joei 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.	Y.J. Garbo.....	M
8:45 - 9:30	VideoRide.....	Martica Heaner.....	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	Box & BARRE.....	Y.J. Garbo.....	M
11:30 - 12:15	Functional Strength.....	Stephanie Buck.....	S
12 - 1	Yoga Therapy.....	Robert Boustany.....	B
12:15 - 1	Blitz.....	Andrew Chaddick.....	PZ
12:30 - 1:15	Pilates Basics.....	Melinda Grunewald.....	M
12:45 - 1:45	Bungee.....	Stephanie Buck.....	S
1:15 - 2	Functional Mobility	Max Akulin.....	B
1:30 - 2:15	Tai Chi for Balance & Memory	Simone Olivier.....	M
5 - 5:45	miniBARRE.....	Tyler Barbier.....	S
5:30 - 6:15	LIFT 45.....	Susy Crosser.....	M
6 - 6:45	Pure Cycle	Tyler Barbier.....	SU
6 - 7	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	Healthy Backs Yoga	Steven Villanueva.....	B
8:30 - 9:15	Cutting EDGE	Hardy Pollard.....	M
8:30 - 9	K.A.R.B. 30.....	Tyler Barbier.....	S
8:45 - 9:30	Rhythm Ride.....	DK.....	SU
9:10 - 10:10	Kick Mix	Eran Malone.....	S
9:15 - 10:15	Yoga Body	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	Melinda Grunewald.....	S
12 - 12:45	Zumba.....	Tatiana Torrente.....	M
12 - 1	Yoga Body	Susy Crosser.....	B
1 - 1:45	Muscles Basics	Joei Didow.....	M
1:15 - 2:15	Yoga Stretch.....	Misha Laird.....	B
1:15 - 2	Just For Men.....	Chad Fuqua.....	S
2:20 - 2:45	The Meditation Class	Misha Laird.....	B
4 - 4:45	Therapy Ball Class	Misha Laird.....	B
4:50 - 5:30	Restorative Yoga	Misha Laird.....	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
8:30 - 9:15	Pure Cycle.....	DK.....	SU
8:30 - 9:15	TRX.....	Rachel Lootens.....	S
9:30 - 10:15	Muscles.....	Y.J. Garbo.....	S
9:30 - 10:15	Rhythm Ride.....	Susy Crosser.....	SU
9:30 - 10:30	Yoga Therapy.....	Andrew Dugas.....	B
9:30 - 10:30	Zumba@.....	Shellah Ley.....	M
10:30 - 11:20	VideoSpin**.....	Hardy Pollard.....	SU
10:30 - 11:30	Power Pilates.....	Melinda Grunewald.....	S
10:45 - 11:30	K.A.R.B Cardio	Y.J. Garbo.....	M
10:45 - 11:45	Yoga Power.....	Susy Crosser.....	B
11:45 - 12:30	miniBARRE.....	Melinda Grunewald.....	S
12 - 1	Yoga Stretch.....	Houstonian Team.....	B
1 - 1:45	TRX.....	Rachel or Steven.....	S
2:30 - 3:30	Yoga Body	Charlotte Morales.....	B

SUNDAY

8:30 - 9:15	Pure Cycle	Tyler Barbier.....	SU
8:45 - 9:45	Contemporary Pilates	Erik Johnson.....	M
9:00 - 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.....	Joei 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	Joei Didow.....	SU
11 - 11:45	miniBARRE.....	DK.....	S
11:30 - 12:30	Yoga Stretch	Misha Laird.....	B
12 - 12:45	LIFT 30 + Hard Core.....	Joei Didow.....	M
12:30 - 1:30	Bungee.....	Stephanie Buck.....	S
12:45 - 1:30	Yoga Stretch.....	Misha Laird.....	B
1 - 2	Zumba.....	Varelis Fis - Brunet.....	M
1:35 - 2	The Meditation Class	Misha Laird.....	B
2:15 - 3	Foam Roller Yoga.....	Ethan Spell.....	B
3:15 - 4:15	Yoga Power.....	Ethan Spell.....	B
4:30 - 5:30	Yoga Lab.....	Andrew Dugas.....	B
5:45 - 6:45	Yoga Therapy.....	Andrew Dugas.....	B

**Viewer Discretion ☺: Kids age 12-14 may attend with parent. RR: Reservation Required



GROUP EXERCISE

Last Updated March 04, 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 Pilates 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: 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 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 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. Bosus, 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.

HIIT Cardio and Core: This fast-paced class alternates timed intervals

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 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. You'll add grace to your movements while 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 unique 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. 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. Restorative Yoga: A beg 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 Balance & Memory: With gentle, slow movements and deep breathing techniques, participants improve balance, flexibility, and mental clarity. Designed for individuals of all ages, particularly those looking to enhance stability and cognitive function, the class is inspired by traditional Tai Chi practices, adapted for ease and accessibility, especially for those new to exercise or experiencing balance challenges. **Functional Mobility:** Improve functional daily movements including effective pre-hab and re-hab for those ornerly 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,

CLASS DESCRIPTIONS (CONTINUED)

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 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 frills, 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.

VideosRide: 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. *fewer discretion is advised.

VideosSpin: 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 of 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