MONDAY

6 - 6:55		Muscles	Stephanie Buck	M
6 - 7	🧒	Yoga Power	Meredith Smith	B
6:15 - 7		TRX	Celeste Luke	S
7:15 - 8:15	🧒AA	Yoga Stretch	Hally Fountain	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	Jacelyn Streit	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 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	Steven Elizondo	S
5:30 - 6:25		VideoRide	Martica Heaner	SU
6 - 6:45		Cutting EDGE	Bond Bourquien	M
6 - 7		Yoga Bootcamp	Andrew Dugas	B
6:40 - 7:25		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	Jarrod 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	Jarrod 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
2:45 - 3:30	AA	Tai Chi for Arthritis	Simone Olivier	M
4:40 - 5:20		LEGS	Joei Didow	M
5:15 - 6		miniBARRE	Bond Bourquien	S
5:15 - 6:15	🧒	Yoga Body	Stephanie McCarrey	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	Bond Bourquien	M
6:30 - 7:30		Yoga Power	Jonah Tannos	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	Jarrod Marrs	S
11:30 - 12:30		Sweaty O-Aerobics	Y.J. Garbo	M
12 - 1	🧒AA	Yoga Stretch	Ethan Spell	B
12:45 - 1:25		Arms & Abs	Y.J. Garbo	M
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
5:30 - 6:15		BARRE Jam	Mel Blanco	S
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
6:45 - 7:30		Tai Chi for Balance	Simone Olivier	S
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	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.	Leslie Zizinia	M
8:45 - 9:30	🧒	Pure Cycle	Jorjia McElree	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	Jarrod 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	Stephanie McCarrey	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		Restorative Yoga	Ethan Spell	B
5 - 5:45		miniBARRE	Tyler Barbier	S
5:30 - 6:15		Overload	Steven Elizondo	M
5:30 - 6:30	🧒AA	Yoga Stretch	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	Houstonian Team	B
7:15 - 8:15		Step 150	Shanna Finucane	M
8 - 9		Yoga Body	Steven Villanueva	B
8 - 8:30		K.A.R.B. 30	Tyler Barbier	S
8:30 - 9:15		Power Sculpt	Jaclyn Streit	M
8:40 - 9:40		Cardio Kickbox	Eran Malone	S
8:45 - 9:30	🧒	Pure Cycle	DK	SU
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 - 10:45		Jump & Pump	Melissa Shippy	S
10:20 - 10:50		LIFT 30	Y.J. Garbo	M
10:30 - 11:30		Yoga Flow	Marizol Cabrera	B
11 - 11:45		Muscles	Y.J. Garbo	M
11 - 11:45		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	Joei 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	Houstonian Team	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	🧒AA	Yoga Stretch	Nosa Edebor	B
12 - 12:45		LIFT 30 + Hard Core	Joei 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 - 3:05		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 TPG: Tennis Plaza Green
AA: Active Aging

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

GROUP EXERCISE

Last Updated

March 1, 2026

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.

Pilates 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 activites 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 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.

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.

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 dumbells and various props to build muscle, endurance and flexibility. Just as your're feeling the intensity, well 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.

---------- 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. Bosus benches, body bars, ugis, 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 boostyour 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 flies 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 flies by!

Sweaty O-Aerobics: Old school Aerobics is back. BPM150 to BPM160 up. Get ready to move, sweat, and smile in this high-energy cardio class! Designed for all fitness levels, this fun and dynamic workout blends upbeat music with easy-to-follow routines that boost cardiovascular endurance, burn calories, and tone your entire body. The last 15 minutes will include fine dances! Whether you're a seasoned dancer or just love to groove, you'll enjoy a motivating atmosphere that feels more like a dance party than a workout. Come join the rhythm, let loose, and leave feeling empowered, energized, and exhilarated!

Ultimate Conditioning: The ultimate total body cardio workout that incorporates upper body and core work. This class flies by! Get ready to move, sweat, and smile in this high-energy cardio class! Designed for 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 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.

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, this is 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 are 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, mixed terrain to improve speed, strength, and endurance while staying entertained with videos in every class. *Viewer discretion is advised.

Videoship: 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.

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 "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!

Sizzling 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

BARRE Jam: A dynamic, full-body workout that blends the precision of ballet-inspired movements at the barre with the energy of dance. This class focuses

CLASS DESCRIPTIONS (CONTINUED)

on building strength, flexibility, and balance while keeping the atmosphere fun and uplifting. You will alternate between segments of controlled movements at the barre with high energy dance combinations that elevate your heart rate and improve coordination and rhythm. No prior dance or ballet experience is required—just bring your energy and a willingness to move! Whether you're looking to strengthen, sweat, or simply enjoy the music, this class offers a balanced mix of fitness and artistry. Athletic shoes recommended.

---------- 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 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 focuing 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.

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 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.