

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	Larry Thraen	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 Body	Farida Meguid.....	B
1 - 1:45		BOSU Blast.....	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	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 - 8:15		Overload	Anthony May.....	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		K.A.R.B.....	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	Misha Laird	B
10:40 - 11:25		Cutting EDGE	Cathy Wertheimer	S
11:15 - 12	AA	Muscles Basics	Martica Heaner.....	M
11:35 - 12:20	♂	Step 150	Anthony May.....	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
1:30 - 2:30	♂AA	Yoga Stretch	Steven Villanueva	B
1:30 - 2:15	AA	Tai Chi for Balance & Memory	Simone Olivier	M
4:30 - 5:10		LEGS	Joel 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.....	Joel Didow	M
5:45 - 6:30		Pure Cycle.....	Chad Neal.....	SU
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

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.....	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.....	Jarrod Marrs	S
11:35 - 12:35		Soul Grooves	Tammy Harris	M
12 - 1	♂AA	Yoga Stretch	Misha Laird	B
1:05 - 1:30	♂AA	The Meditation Class.....	Misha Laird	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.....	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	♂AA	Yoga Stretch	Nosa Edebor	B
6:30 - 7:30		Zumba	Rachel Lootens.....	M
7:20 - 7:35	♂AA	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.....	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.....	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.....	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	Nosa Edebor	B
11:30 - 12:15		Box & BARRE.....	Y.J. Garbo	M
11:30 - 12:15		Functional Strength.....	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
12:45 - 1:45	RR	Bungee	Stephanie Buck	S
1:15 - 2	♂AA	Functional Mobility	Max Akulin	B
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	♂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		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	AA	Muscles Basics	Joel Didow	M
1:15 - 2:15	AA	Yoga Stretch	Misha Laird	B
1:15 - 2	AA	Just For Men	Chad Fuqua	S
2:20 - 2:45	♂AA	The Meditation Class	Misha Laird	B
4 - 4:45		Therapy Ball Class	Misha Laird	B
4:50 - 5:30	♂AA	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	♂AA	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	♂AA	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
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	Misha Laird	B
12 - 12:45		LIFT 30 + Hard Core	Joel Didow	M
12:30 - 1:30	RR	Bungee	Stephanie Buck	S
12:45 - 1:30	♂AA	Yoga Stretch	Misha Laird	B
1 - 2		Zumba	Varelis Fis - Brunet	M
1:35 - 2	♂AA	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	♂AA	Yoga Therapy	Andrew Dugas.....	B

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.	
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.	
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. 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 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!	
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	

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 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.	

mini BARRE: 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 no longer "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 and made on 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 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 ornery body parts. Gain mobility and strength through unloaded end range isometric contractions while identifying your asymmetries and targeting weak muscles	
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	

Check our Group Exercise Facebook Page for specialty classes and announcements

To view schedule go to:
Houstonian App
or
www.myhoustonian.com



GROUP EXERCISE
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CLASS DESCRIPTIONS (CONTINUED)