

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

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



# GROUP EXERCISE

## Last Updated

### October 02, 2024

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

To view schedule go to:  
**Houstonian App**

Or  
[www.myhoustonian.com](http://www.myhoustonian.com)

## CLASS DESCRIPTIONS

### -----BASICS-----

**Functional Balance:**Increase your ability to balance and function by laying down new neural pathways and training your brain. Incorporating unstable surfaces and various props to challenge dynamic balance and improve quality of life. All ages welcome

**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!

### -----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.

**Xpress Weights:** A 30 minute weight training class following specific Cycle classes.

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.

### -----CARDIO-----

**Box & BARRE:** This class format takes you to the next level by guiding you through traditional ballet moves and also incorporates Plates and boxing. This class will help you activate new muscles! While taking place at the barre, class will shift between slow leg work that improves balance, leans muscles, and strengthens joints to an intense arm work that builds strong arms, shoulders, helps increases power, and gets your heart pumping.

**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!

**Combat Circuit:** Get a little bit of everything in this fast-paced, total body circuit class. Move from the kickboxing bag, to the bench, to the mat and begin again performing new and different cardio and strength moves each week. Feel free to bring your own gloves or use ours and get ready to sweat!

**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.

**Core Performance:** Core strengthening utilizing weights, Bosu ball and bench challenges stability and engages the core muscles throughout the entire workout, leading to improved core strength and stability. Overall, this workout offers a comprehensive workout experience that targets multiple aspects of fitness, including strength, balance, flexibility, and cardiovascular health, leading to improved overall fitness and well-being.

**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 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

**Better Body Bootcamp:** Build muscle and burn fat in this fast-paced,

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.

### -----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. \*Wearer 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**

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

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

## CLASS DESCRIPTIONS (CONTINUED)

\*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 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 ornery 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