





# GROUP EXERCISE

## Last Updated

### May 01, 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.

**Resistance:** A muscle conditioning class for all levels, using various resistance equipment to build strength resulting in a total body weight workout.

**TRX Strength & Stretch:** Try something new! Use the TRX suspension training straps to develop strength, balance, flexibility and core stability simultaneously. TRX works your body in a whole new way by leveraging gravity and the user's body weight to complete exercises.

**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.

**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.

**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 fall is helpful.

and skills in a fun way with the multi-purpose foam roller.

**Yoga Power:** Yoga Power classes are challenging strength building, full-body blasts designed to build focus, endurance, and flexibility. This physically-intense practice moves at a steady pace through classical yoga poses to create a fluid, creative and energizing experience. Come with previous yoga experience and count on leaving with a sweaty sense of energy and empowerment.

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

**Box & BARRE:** This class format takes you to the next level by guiding you through traditional ballet moves and also incorporates Pilates 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 increase 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.

**Jump & Pump:** Jump up your fitness level one step 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

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

H.I.I.T. Formats

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.

**YOGA**

**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.

**Tai Chi:** Focus on building overall body strength, coordination, and balance in this beginner-friendly energy-based practice. The work out combines easy-to-follow, slow-moving, mindful Tai Chi and Qi Gong movements done from a standing position in bare feet or with shoes on.

**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.

**Yoga Stretch & Sound Bath:** After a beginner-friendly practice of calming yoga poses, experience a full-body sensory journey that intentionally uses the pure tones of the crystal bowls to nurture your body and mind. Leave feeling relaxed and rejuvenated.

**Yoga Stretch:** A beginner-friendly, physically-mild practice of simple shapes and plenty of space for breath and being.

**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 attention for better performance. All levels.

**Healthy Backs Yoga:** Harness your breath and movement to decompress your spine and rebalance the muscular support of your spine. Hips, shoulders, and neck will benefit too.

**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 Awareness:** Tune into your body by highlighting the nuance of muscle engagement and understanding in asana. By utilizing the rounded edge of a soft airtrack mat, this class offers many possibilities for secure spinal movements and provides opportunity for strength building of core musculature. In addition, summon your courage and see where the middle of the airtrack can take you with balance and a broader repertoire of movement. Falling is welcome and safe on this mat. This is an active class.

**Foam Roller Yoga:** Use yogic methods to develop strength, flexibility

## CLASS DESCRIPTIONS (CONTINUED)

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/DIRTY:** 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 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 WITHIN 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