

CARDIO

Bench and Box: Perform creative, choreographed moves on the bench combined with challenging kickboxing combinations on the floor. All levels.

Cardio Kickbox I or II: High energy workout of kickboxing drills and combinations incorporating heavy bags. Level I: Intermediate, Level II: Advanced.

Cardio Tai Box: Is a high energy blend of kicks & punches set to upbeat music. It is the perfect combination of boxing & cardiovascular training.

Cardioga: Combines traditional fitness moves, balance and yoga poses with a cardio edge to create a complete, total body workout for a lean body.

Core Motion: A non-stop cardio workout using a medicine ball that emphasizes functional movement, fat-burning and core strength.

Core Performance: Get your cardio workout by performing high intensity, functional exercises using various core-stabilizing tools and the bench. All levels.

Drill Max: An intense and athletic cardio class that challenges you in a different way every time you take it! Be prepared to use a variety of ALL cardio & strength equipment.

H45 Xtreme: A 45 minute high intensity, timed interval workout focusing on strength, plyometrics, and non-stop cardio movements.

H.I.I.T. & Run: High Intensity Interval Training incorporates 5-7 strength and cardio exercises performed in timed intervals followed by brief recovery and in immediate return to another group of exercises performed for another 3-4 rounds. This class challenges even the most conditioned participant.

Meltdown: This class is designed to “meltdown:” and then “rebuild” your body using innovative step choreography combined with timed intervals of core stability infused with flexibility to rebuild your body from the inside-out!

“O” Zone: This intense non-stop cardio workout will take you to the “Zone” working to optimize VO2 max and recovery. Intermediate-Advanced. Capacity of 30 people.

Pump: Cardio and strength intervals performed on the bench and the floor utilizing various tools such as balls, body bars, dumbbells and gliders. All levels.

Run Strong: This isn't your ordinary run in the park! This class is designed to improve your overall running performance through drills, tempo runs, track, hill and speed exercises. Meet in the Club Lobby. Group will depart promptly at 5:45am.

Step Box: Consists of 40 minutes of exhilarating, challenging cardio combinations followed by a 10 minute athletic-style stretch. The cardio portion involves the use of weighted gloves while performing a combination of medium paced martial arts movements and athletic style step patterns.

Urban Rebounding: Stop running and start jumping into shape! Get your cardio workout on a mini trampoline. Intermediate-Advanced. Capacity of 30 people.

Ultimate Conditioning: A high intensity interval workout consisting of hi/lo combinations and total body resistance segments.

CYCLE

CSI (Cycle Strength Intervals): Combine your Studio Cycling experience with challenging intervals of full body strengthening using the NEW Exerbar!

Cycle Tech: An indoor cycling class that guarantees you a workout that will prepare you for race day; some of the techniques, specific ride profiles and drills are those used by competitive cyclists.

Get Ripped & Ride: A challenging cycle and strength format consisting of timed intervals of “road style” cycling, combined with intense strength and core exercises.

I.C.E. (Indoor Cycle Experience): This cycle workout will take you on a journey along quiet country roads or down busy highways. We encourage you to ride with a heart rate monitor and track your progress; we encourage you to breathe big, ride strong and never give up!

MS150 Training Ride: We've added an extra cycle class to help those of you training for the MS150! Lisa heads our Houstonian Hammerhead team and will take you through a challenging ride to get you ready for the race! This class is held February 12 through April 15 ONLY.

Rhythm Ride (+ Abs): Cycle to the BEAT! Pedal calories away while connecting to the rhythm of your ride. (+ Abs) includes 10 minutes of ab work after cycle.

Studio Cycle: Based on sound cycling principles; with focus is on cadence. Sport specific drills, climbs & sprints are used to make an unpredictable ride fun and challenging.

VideoSpin: Ever wondered what your “favorite song” is really all about? Come to VideoSpin and learn the meaning behind the words as you climb and sprint while you burn calories and get lost in the music.

DANCE

BARRE CODE: An athletic, hard-core workout influenced by classical ballet barre. **Caliente':** If you like Zumba, you'll LOVE Caliente! Come feel the Latin beat in this fun, energizing dance class that will leave you exhilarated and wanting more!

DANCE (continued)

Dance the Step: Step it up in this fun, energetic dance-based step class using simple, and accessible dance steps normally performed on the floor that are incorporated into bench choreography.

EveryBODYdance: Be entertained as you experience the flavor of a variety of dance styles in a cardio format. All levels.

Sensuale': Get in touch with your feminine side! This amazing “ladies only” workout incorporates rhythmic and sensual moves that will leave you sweating with satisfaction.

Synergy: Be inspired & motivated by a unique blend of dance, yoga & meditation. Musical style varies from Latin/African beat to jazz, Broadway and today's hits.

STRENGTH

BYO-Body (Bring Your Own Body): No equipment is necessary for this intense core workout! You will be amazed at how quickly you find out where your strengths and weaknesses are, just by utilizing your own body weight and strength!

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.

“Just Weights”: NO choreography & NO experience needed! In this class you'll do 40 minutes of “Just Weights”. Perfect class to do after your own cardio workout.

K.A.R.B.: Create “Killer Abs & Rock Bottoms” with this powerful, integrated workout designed to re-shape & define your lower body & strengthen your core with precision exercises performed in 3 dimensions.

Lengthen and Strengthen: Balance your workout and your body by strengthening the entire core musculature and lengthening the muscles that are often tight due to cycling or common cardiovascular activities.

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

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

PILATES

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

Hardcore Pilates: The ultimate Pilates challenge for our experienced participants. Increase stamina, core strength and flexibility by performing advanced exercises.

Pilates +: Use various equipment in this classic pilates class.

Pilates on the Corepole: Access muscle groups in a variety of positions while you perform Pilates Reformer moves utilizing the Corepole. Shoes optional.

Pilates for the Everyday Athlete: This ultimate Pilates class, designed for the everyday athlete of all abilities, will boost performance and prevent injury.

YOGA

(more complete descriptions at www.houstonian.com)

Yoga Breathe (level 1): A less physical practice in a beginner-friendly format focusing on gentle moves, modified positions, and mindful breathing to clear the mind and relax the body. We will work closer to the floor and take a longer savasana (rest) at the end.

Yoga Stretch (level 1): For active people looking for a deep stretch. In a beginner-friendly format, we work to dig deep into hamstrings, hips & shoulders while breathing mindfully. No prior yoga experience needed; great for those new-to-yoga.

Yoga Body (open level): A well-rounded hatha yoga practice that will lightly warm you up and stretch you out while beginning to train your body for more advanced work. Most appropriate for those who have prior yoga experience and are physically fit.

Yoga Lab (open level): This non-flowing practice deconstructs traditional poses into modern variations that isolate and develop specific muscles.

Yoga Heat: Build inner heat through a physically intense practice exploring a wide range of asanas. May include longer holds, arm balances, and inversions.

Yoga Flow: An intense flow-based 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.

Yoga Move (level 3): Ashtanga's athletic Primary Series edited for accessibility. Includes moving in sync with the breath, on-your-own flow work to music & inversions.

Inversion Work: An intermediate-advanced level practice that focuses on arm balances. Work through essential processes to properly prepare your body to safely and confidently turn upside down. Plan to work at the wall to explore your inversions.

GROUP EXERCISE SCHEDULE & DESCRIPTIONS

Last Updated

May 2, 2012

**Have the most updated schedule
in your hands whenever you want it!**

Scan the QR Code below with your smart phone and
you'll be taken to the recently updated schedule.



Don't need to take this schedule with you?

Drop it back off at The Front Desk when you're done!

The Group Exercise Hotline is now online at www.myhoustonian.com
Contact us: groupexercise@houstonian.com or yoga@houstonian.com



THE HOUSTONIAN
HOTEL, CLUB & SPA

MONDAYS

5:45 - 6:45	Studio Cycle + Abs	Terry Williams	Cycle
5:45 - 7:15	Run Strong	Ramiro Alvarado	Lobby
6 - 7	Meltdown	Shanna Finucane	A
6 - 7	Muscles	Pam Roussell	C
7:30 - 8:20	Yoga Body	Misha Laird	B
7:30 - 8:30	Cutting EDGE	Hardy Pollard	A
8:30 - 9:15	Studio Cycle	Leslie Zizinia	Cycle
8:30 - 9:30	Yoga Stretch	Achim Fassbender	B
8:35 - 9:40	Cardio Kickbox II	Regina D'Angio	A
9:20 - 10	Abs.-Xpress Weights	Leslie Zizinia	C
9:30 - 10:15	C. S. I.	Cathy Wertheimer	Cycle
9:40 - 10:45	Yoga Flow	Marizol Cabrera	B
9:50 - 10:50	Cutting EDGE	Colleen Kennedy	A
10:15 - 11:15	Cutting EDGE	Melissa Shippy	C
10:25 - 10:55	Lengthen & Strengthen	Cathy Wertheimer	Cycle
11 - 12	SYNERGY	Kim Kilway	A
11:20 - 12:20	Pilates +	Cathy Wertheimer	C
12:05 - 12:50	Core Motion	Mitzi Ruff	A
12:20 - 1:05	V Flexibility Solution	Matt Blackwell	B
1:15 - 2:15	V Perfect Balance	Mitzi Ruff	C
1:30 - 2:30	Cutting EDGE	Melissa Shippy	A
2:35 - 3:35	V Just for Men	Sam Grow	A
5 - 5:45	K.A.R.B.	Pam Roussell	C
5 - 5:45	Caliente'	Bob Luna	A
5:30 - 6:15	Studio Cycle	Chad Neal	Cycle
6 - 7	Yoga Heat	Andrew Dugas	B
6 - 7	Cutting EDGE	Regina D'Angio	A
6 - 7	Classic Pilates	Erik Johnson	C
6:30 - 7:15	🌀 Studio Cycle	Brooke Hayward	Cycle
7:15 - 8:15	🌀 Yoga Stretch	Andrew Dugas	B

TUESDAYS

5:45 - 6:30	Studio Cycle	Leslie Zizinia	Cycle
6 - 7	Cardio Tai Box	Joe Ellison	A
6:35 - 7:05	Xpress Weights	Leslie Zizinia	C
7:30 - 8:15	VideoSpin*	Hardy Pollard	Cycle
7:30 - 8:30	Meltdown	Colleen Kennedy	A
7:30 - 8:30	Yoga Heat	Marizol Cabrera	B
8:35 - 9:30	Core Motion	Melissa Shippy	A
8:35 - 9:35	Hardcore Pilates	Leslie Zizinia	C
8:35 - 9:35	Inversion Work at the Wall	Andrew Dugas	B
9 - 9:45	🌀 Rhythm Ride*	Joel Didow	Cycle
9:35 - 10:50	Urban Rebounding	Eran Malone	A
9:45 - 10:45	Sensuale'	Maria Kelly	B
10 - 10:45	H45 Xtreme	Hardy Pollard	BB
10 - 10:45	K.A.R.B.	Melissa Shippy	C
10 - 10:45	V Voyager Cycle	Mitzi Ruff	Cycle
11 - 11:45	Pilates on the Corepole	Maria Kelly	A
11 - 12	V Voyager Yoga	Kristina Keller	C
11 - 12:15	Yoga Lab	Robert Boustany	B
12 - 1	Studio Cycle	Frances Caron	Cycle
12:30 - 1:30	V Begin With Muscles	Cathy Wertheimer	A
12:30 - 1:30	Yoga Stretch	Misha Laird	B
5 - 6	Yoga Heat	Kandi Handel	B
5:30 - 6:15	Cycle Tech	Brooke Hayward	Cycle
5:30 - 6:10	"Just Weights"	Joel Didow	A
6:15 - 7	H45 Xtreme	Regina D'Angio	A
6:15 - 7	K.A.R.B.	Donna Buie	C
6:30 - 7:15	Studio Cycle	Cherie Troxell	Cycle

WEDNESDAYS

5:45 - 6:45	Cycle Tech	Lisa Rainey	Cycle
5:45 - 7:15	Run Strong	Ramiro Alvarado	Lobby
6 - 7	Yoga Heat	Marizol Cabrera	B
6 - 7	Cutting EDGE	Shanna Finucane	A
6 - 7	H. I. I. T. & Run	Johnna Cash	C
7:15 - 8:15	Yoga Body	Andrew Dugas	B
7:30 - 8:30	Muscles	Regina D'Angio	A
8:30 - 9:15	Rhythm Ride*	Joel Didow	Cycle
8:30 - 9:30	Yoga Body	Rie Congelio	B
8:35 - 9:35	Cutting EDGE	Regina D'Angio	A
9:20 - 10	Abs.-Xpress Weights	Joel Didow	C
9:45 - 10:45	Classic Pilates	Maria Kelly	B
9:45 - 11	Ultimate Conditioning	Melissa Shippy	A
11 - 12	V Basketball Exercise	Ember Strand	BB
11 - 12:15	Yoga Lab	Robert Boustany	B
11:15 - 12:15	BARRE CODE	Eran Malone	C
11:30 - 12:30	Cutting EDGE	Cathy Wertheimer	A
12 - 1	Get Ripped & Ride	Maurice and Bob	Cycle
1 - 2	V Corepole	Mitzi Ruff	A
2 - 3	V Just for Men	Sam Grow	A
5:30 - 6:15	Rhythm Ride*	Joel Didow	Cycle
5:30 - 6:30	Hardcore Pilates	Leslie Zizinia	C
6 - 7	Cardio Kickbox I	Regina D'Angio	A
6 - 7	Yoga Heat	Achim Fassbender	B
7:15 - 8:15	🌀 Yoga Stretch	Achim Fassbender	B

THURSDAYS

5:45 - 6:30	Cycle Tech	Brooke Hayward	Cycle
6 - 7	Classic Pilates	Erik Johnson	B
6 - 7	Cardio Kickbox I	Ben Roberson	A
6:35 - 7:05	Xpress Weights	Brooke Hayward	C
7:30 - 8:25	Core Performance	Shanna Finucane	A
7:30 - 8:30	Yoga Heat	Joy Winkler	B
8:30 - 9:15	Cycle Tech	Matt Blackwell	Cycle
8:30 - 9:35	"O" Zone!	Melissa or Eran	A
8:35 - 9:35	Cardioga	Pam or Johnna	C
8:35 - 9:35	Yoga Flow	Marizol Cabrera	B
9:30 - 10:30	VideoSpin*	Hardy Pollard	Cycle
9:40 - 10:40	EveryBODY Dance	Bob Luna	A
9:45 - 10:25	"Just Weights"	Melissa Shippy	C
9:45 - 10:55	Yoga Heat	Pam Roussell	B
10:30 - 11:30	Pump	Mitzi Ruff	C
10:45 - 11:30	Pilates on the Corepole	Kim or Maria	A
10:45 - 11:30	V Voyager Cycle	Sam Grow	Cycle
11:35 - 12:25	Step Box	Colleen Kennedy	A
11:35 - 12:30	V Voyager Yoga	Kristina Keller	B
12 - 1	Classic Pilates	Frances Caron	C
12:35 - 1:35	V Begin With Muscles	Mitzi Ruff	A
5 - 5:55	Yoga Body	Marizol Cabrera	B
5:30 - 6:10	"Just Weights"	Joel Didow	A
5:30 - 6:30	Studio Cycle + Abs	Natalie Al-Banna	Cycle
6 - 7	Yoga Heat	Marizol Cabrera	B
6:15 - 7:15	Classic Pilates	Erik Johnson	C

* Videos played during this class are actual videos performed by the artist. Viewer discretion is advised.

🌀 Kids age 12 - 14 may attend with parent.

V Voyager Class (designed for age 65+)

⌚ Time Change

FRIDAYS

5:45 - 6:30	VideoSpin*	Hardy Pollard	Cycle
6 - 7	Muscles	Leslie Zizinia	A
6:35 - 7:05	Xpress Weights	Hardy Pollard	C
7:30 - 8:25	Meltdown	Shanna Finucane	A
8:30 - 9:15	🌀 I.C.E.	Fiona Siemelink	Cycle
8:30 - 9:25	Hardcore Pilates	Leslie Zizinia	C
8:30 - 9:30	Muscles	Hardy Pollard	A
8:30 - 9:30	Yoga Body	Rie Congelio	B
9:25 - 9:55	BYO-Body	Fiona Siemelink	RB #1
9:30 - 10:15	V Pilat-EASE	Cathy Wertheimer	C
9:30 - 10:15	Rhythm Ride*	Joel Didow	Cycle
9:35 - 10:35	Cardio Kickbox II	Melissa Shippy	A
9:45 - 11:15	Yoga Flow	Misha Laird	B
10:20 - 10:35	Abdominal Work	Joel Didow	C
10:30 - 11:15	V Voyager Cycle	Mitzi Ruff	Cycle
10:45 - 11:30	Muscles	Melissa Shippy	C
10:50 - 11:50	BARRE CODE	Maria or Kim	A
11 - 12	V Basketball Exercise	Ember Strand	BB
12 - 1	Dance The Step	Jerry Jones	A
12 - 1	V Perfect Balance	Sam Grow	C
1:10 - 2:10	⌚ V Just for Men	Sam Grow	A
5:30 - 6:15	🌀 Cycle Tech	Lisa Rainey	Cycle
6 - 7	🌀 Yoga Heat	Andrew Dugas	B

SATURDAYS

7 - 8	Muscles	Regina D'Angio	A
7:30 - 8:30	VideoSpin*	Hardy Pollard	Cycle
7:45 - 8:45	Yoga Flow	Marizol Cabrera	B
8:15 - 9:25	Core Performance	Shanna Finucane	A
8:30 - 9:30	Cardioga	Maria or Johnna	C
8:50 - 9:50	Yoga Stretch	Andrew Dugas	B
9 - 10	Studio Cycle	Kim Kilway	Cycle
9:30 - 10:30	🌀 EveryBODY Dance	Bob Luna	A
9:40 - 10:20	"Just Weights"	Maria or Johnna	C
9:55 - 10:55	Classic Pilates	Erik Johnson	B
10:30 - 11:30	Pilates for the Everyday Athlete	Kim Kilway	C
10:30 - 11:30	Studio Cycle	Chad Neal	Cycle
10:45 - 12	Drill Max	Eran Malone	A
11 - 12	Yoga Body	Achim Fassbender	B
11:45 - 12:30	🌀 Studio Cycle	Jerry Jones	Cycle
12:15 - 1:30	Yoga Heat	Achim Fassbender	B

SUNDAYS

9 - 10	Bench & Box	Ben Roberson	A
9 - 10	Classic Pilates	Erik Johnson	C
9:30 - 10:30	Cycle	Lisa or Regina	Cycle
10:15 - 11:30	Urban Rebounding	Ben Roberson	A
10:15 - 11:15	Yoga Breathe	Misha Laird	B
10:45 - 11:30	Studio Cycle	Joel or Terry	Cycle
10:45 - 11:30	H45 Xtreme	Regina D'Angio	BB
11:30 - 12:45	Yoga Move	Misha Laird	B
11:40 - 12:10	Xpress Weights	Joel or Terry	C
3:30 - 4:30	Yoga Heat	Achim Fassbender	B
3:45 - 4:45	Cutting EDGE	Jerry Jones	A
4:30 - 5:30	🌀 Rhythm Ride*	Regina D'Angio	Cycle
4:45 - 5:45	🌀 Yoga Body	Andrew Dugas	B