

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 .....                 | Meredith Smith .....     | B  |
| 7:15 - 8:15   |     | Bench & 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 .....                    | Stephanie McCarrey ..... | 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 Flow .....                    | Marizol Cabrera .....    | B  |
| 10:20 - 11:05 |     | Strong BARRE.....                  | Maria Kelly.....         | S  |
| 11 - 11:50    |     | Zumba .....                        | Mario Valencia .....     | M  |
| 11 - 12       | ♂   | Yoga Power .....                   | Houstonian Team .....    | B  |
| 11:15 - 12    |     | Muscles.....                       | Colleen Kennedy .....    | S  |
| 12 - 12:45    |     | BARRE off the BARRE .....          | Y.J. Garbo .....         | M  |
| 12:15 - 1     | ♂   | Yoga Body .....                    | Farida Meguid.....       | B  |
| 1 - 1:45      |     | Arms & Abs.....                    | Y.J. Garbo .....         | M  |
| 1:15 - 2      | AA  | Just for Men .....                 | Jasmine Davis .....      | S  |
| 1:15 - 2:15   | ♂AA | Yoga Stretch & Sound Journey ..... | Farida Meguid.....       | B  |
| 2 - 2:45      | AA  | Vintage Vitality .....             | Bob Luna.....            | 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.....            | Jorjia McElree.....     | SU |
| 6 - 7         |     | Cutting EDGE .....         | Bond Bourquien.....     | S  |
| 6 - 7         |     | Yoga/Pilates Fusion .....  | Haley Fountain .....    | B  |
| 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 .....    | M  |
| 8:45 - 9:25   |     | Dirty Thirty .....         | Jarrodd Marrs .....     | BB |
| 8:45 - 9:30   |     | Core Motion.....           | Maria Kelly.....        | S  |
| 8:45 - 9:35   |     | VideoSpin** .....          | Hardy Pollard .....     | SU |
| 8:45 - 10:15  |     | Yoga Flow Plus.....        | Marizol Cabrera.....    | B  |
| 9:15 - 9:25   |     | Stop & Stretch .....       | Leslie Zizinia .....    | M  |
| 9:45 - 10:25  |     | Dirty Thirty .....         | Jarrodd 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 .....         | Houstonian Team .....   | 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.....            | Melissa Shippy .....    | 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 - 1:55   | ♂AA | Body Mechanics.....        | Robert Boustany .....   | S  |
| 1:30 - 2:30   | ♂AA | Yoga Stretch .....         | Steven Villanueva ..... | B  |
| 2:35 - 3      | AA  | The Meditation Class ..... | Steven Villanueva ..... | B  |
| 4:40 - 5:20   |     | LEGS .....                 | Joel Didow .....        | M  |
| 5:15 - 6      |     | miniBARRE.....             | Bond Bourquien.....     | S  |
| 5:15 - 6:15   | ♂   | Yoga Body .....            | Jessica Sada .....      | B  |
| 5:30 - 6:10   |     | Arms & Abs.....            | Joel 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  |

B: Breathe M: Move ME: Meadow PZ: Performance Zone S: Strong SU: Surge  
AA: Active Aging

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.....                            | Jorjia McElree .....     | 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 .....                                   | Jarrodd 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 ..... | Bob Luna.....            | 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   |     | miniBARRE.....                              | Bond Bourquein.....      | 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 ..... | Haley Fountain .....     | B  |
| 6:15 - 7      |     | TRX .....                 | Joel Didow .....         | S  |
| 6:40 - 7:10   |     | LIFT 30 .....             | Emma Aguirre.....        | M  |
| 7:20 - 8:20   |     | 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. ....             | Leslie Zizinia .....     | M  |
| 8:45 - 9:30   | ♂   | Pure Cycle.....           | Jorjia McElree .....     | SU |
| 8:45 - 10:15  |     | Yoga Flow Plus.....       | Marizol Cabrera .....    | B  |
| 9:30 - 10:15  |     | Muscles .....             | Houstonian Team .....    | M  |
| 9:30 - 10:15  | ♂   | Cutting EDGE .....        | Melissa Shippy.....      | S  |
| 9:30 - 10:30  |     | Body Blast Circuit.....   | Jarrodd 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 - 11:15 | ♂   | Yoga Body .....           | Stephanie McCarrey ..... | B  |
| 11:20 - 11:50 | ♂   | Yin Yoga.....             | 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  |
| 1:30 - 2:30   |     | 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 .....        | Jessica Sada .....       | B  |
| 6:15 - 7:15   | ♂   | Classic Pilates .....     | Erik Johnson .....       | S  |
| 6:30 - 7:15   |     | Zumba® .....              | Shellah Ley.....         | M  |

TPG: Tennis Plaza Green

FRIDAY

|               |     |                            |                         |    |
|---------------|-----|----------------------------|-------------------------|----|
| 6 - 7         |     | Muscles.....               | Eran Malone .....       | M  |
| 6:15 - 7      |     | Better Body Bootcamp ..... | Matt McCullough.....    | BB |
| 7 - 7:45      |     | Yoga Stretch .....         | Jessica Sada .....      | 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  |
| 8:40 - 9:40   |     | Cardio Kickbox .....       | Eran Malone .....       | S  |
| 8:45 - 9:30   | ♂   | Pure Cycle .....           | DK .....                | SU |
| 8:45 - 9:15   |     | Power Sculpt .....         | Jaclyn Streit .....     | M  |
| 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 ..... | Melinda Grunewald ..... | S  |
| 12 - 12:45    |     | Zumba .....                | Tatiana Torrente .....  | M  |
| 12 - 1        |     | Yoga Body .....            | Haley Fountain .....    | B  |
| 1 - 1:45      | AA  | Muscles Basics .....       | Joel Didow .....        | M  |
| 1:15 - 2:15   | AA  | Yoga Stretch .....         | Ethan Spell .....       | B  |
| 1:15 - 2      | AA  | Just For Men .....         | Rose Spear .....        | S  |
| 2:20 - 2:45   | ♂AA | The Meditation Class ..... | Ethan Spell .....       | B  |
| 2:30 - 2      | RR  | Bungee .....               | Rose Spear .....        | S  |
| 5 - 5:45      |     | Pilates for Men .....      | Erik Johnson .....      | S  |
| 5 - 5:45      |     | Yoga Weighted .....        | Jonah Tannos .....      | 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 .....            | Hally Vu .....             | 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 .....         | Nosa Edebor .....          | B  |
| 12 - 12:45    |     | LIFT 30 + Hard Core .....  | Joel 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  |
| 5:45 - 6:45   | ♂AA | Yoga Therapy .....         | Andrew Dugas.....          | B  |

-----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.

**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.

**LEFT 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.

**LEFT 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 dumbbells and various props to build muscle, endurance and flexibility. Just as your're feeling

## CLASS DESCRIPTIONS



# GROUP EXERCISE

Last Updated

October 01, 2026

*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)

the intensity, we'll 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. 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!

**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 line 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 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

-----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.

**BodyBlitz Circuit:** The ultimate intense, high-energy, challenging but FUN circuit

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.

**Yoga Flow Plus:** A dynamic, physically challenging practice featuring creative sequencing, on-your-own flow, advanced asana, and inversions. The final 25 minutes shift to Yin Yoga + Therapy Balls for deep release and recovery. Come for the full 90-minute experience or slip in quietly at 9:50 a.m. for the quieter finish. Prior yoga experience recommended.

**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 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.

**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:** A gentle, grounding movement practice that strengthens stability and calm. Guided sequences enhance coordination, posture, and lower body strength. Recommended by health organizations as one of the most effective approaches for reducing fall risk and supporting lifelong confidence in movement.

**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 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.

**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/Plates Fusion:** A dynamic blend of mindful movement and strength, this energizing session weaves together breath, flow, and core-focused sequences.

## CLASS DESCRIPTIONS (CONTINUED)