

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	Jarrod 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	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.....	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	Jarrod 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		BARRE Jam	Mel Blanco	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
7:15 - 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.	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.....	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 - 11:15	♂	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	Yin Yoga.....	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	Chad Fuqua	S
2:20 - 2:45	♂AA	The Meditation Class	Ethan Spell	B
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.

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.

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

September 05, 2026

Check our Group Exercise Facebook Page for specialty classes and announcements

To view schedule go to:

Houstonian App

or

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.

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

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. 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.

CLASS DESCRIPTIONS (CONTINUED)

on building strength, flexibility, and balance while keeping the atmosphere fun and uplifting. You will alternate between segments of controlled movements and up-lifting. You will alternate dance combinations that elevate your heart rate at the barre with high energy dance combinations that challenge your heart rate and improve coordination and rhythm. No prior dance or ballet experience is required—just bring your energy and a willingness to move! Whether you're looking to strengthen, sweat, or simply enjoy the music, this class offers a balanced mix of fitness and artistry. Athletic shoes recommended.

-----PILATES-----

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.

Plates 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.

Plates On the Bosu: Using Pilates principles and the BOSU, this class will challenge your core and your balance in multi dimensional ways. Take your Plates 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 Basics: Yoga Basics offers active beginners a steady, traditional practice with more physical intensity and movement than Yoga Stretch, yet simpler and less flowing than Yoga Body. With no music and minimal transitions, you'll explore foundational poses through mindful alignment, breath, and presence.

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