

MONDAY

|               |     |                                    |                         |    |
|---------------|-----|------------------------------------|-------------------------|----|
| 6 - 6:55      |     | Muscles.....                       | Stephanie Buck .....    | M  |
| 6 - 7         | ♂   | Yoga Power .....                   | Nosa Edebor .....       | B  |
| 6:15 - 7      |     | TRX .....                          | Celeste Luke .....      | S  |
| 7:15 - 8:15   | ♂AA | Yoga Stretch .....                 | Nosa Edebor .....       | B  |
| 7:15 - 8:15   |     | Step & 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 .....                    | Larry Thraen .....      | 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 Power .....                   | Susy Crosser .....      | B  |
| 10:20 - 11:05 |     | Strong BARRE.....                  | Maria Kelly .....       | S  |
| 11 - 11:50    |     | Zumba .....                        | Mario Valencia .....    | M  |
| 11 - 12       | ♂   | Yoga Flow .....                    | Marizol Cabrera.....    | B  |
| 11:15 - 12    |     | Muscles.....                       | Cathy Wertheimer .....  | 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 .....                 | Johnny Quintanilla..... | S  |
| 1:30 - 2:30   | ♂AA | Yoga Stretch & Sound Journey ..... | Farida Meguid.....      | B  |
| 2 - 2:45      | AA  | Vintage Vitality .....             | Mitzi Ruff .....        | 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 HIIT .....                     | Steven Elizondo .....   | S  |
| 5:30 - 6:30   |     | VideoRide .....                    | Martica Heaner.....     | SU |
| 6 - 6:45      |     | Cutting EDGE .....                 | Bond Bourquien.....     | M  |
| 6 - 6:45      | ♂   | miniBARRE.....                     | Stacy Skolnik .....     | S  |
| 6 - 7         |     | Yoga Bootcamp.....                 | Andrew Dugas .....      | B  |
| 7 - 7:45      |     | LIFT 45 .....                      | Martica Heaner.....     | S  |
| 7 - 8         |     | Zumba® .....                       | Shellah Ley.....        | M  |

TUESDAY

|               |     |                            |                          |    |
|---------------|-----|----------------------------|--------------------------|----|
| 5:45 - 6:30   |     | Pure Cycle.....            | Leslie Zizinia .....     | SU |
| 6 - 7         |     | Cutting EDGE .....         | Tammy Harris .....       | S  |
| 6:40 - 7:10   |     | LIFT 30 .....              | Leslie Zizinia .....     | M  |
| 7:30 - 8:15   |     | Pure Cycle.....            | Taylor Arenz.....        | SU |
| 7:30 - 8:15   |     | Overload .....             | Anthony May.....         | M  |
| 7:30 - 8:30   |     | Yoga Body .....            | Marizol Cabrera.....     | B  |
| 8:30 - 9:15   |     | K.A.R.B.....               | Leslie Zizinia .....     | S  |
| 8:45 - 9:25   |     | Dirty Thirty .....         | Jarrod Marrs .....       | BB |
| 8:45 - 9:35   |     | VideoSpin** .....          | Hardy Pollard .....      | SU |
| 8:45 - 9:45   |     | Core Motion.....           | Maria Kelly .....        | M  |
| 8:45 - 10:15  |     | Yoga Flow .....            | Marizol Cabrera.....     | B  |
| 9:15 - 9:25   |     | Stop & Stretch .....       | Leslie Zizinia .....     | S  |
| 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 .....         | Cathy Wertheimer .....   | S  |
| 11:15 - 12    | AA  | Muscles Basics .....       | Martica Heaner .....     | M  |
| 11:35 - 12:20 | ♂   | Step 150 .....             | Anthony May.....         | S  |
| 12 - 12:50    | ♂   | Pure Cycle.....            | Frances Caron .....      | 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 - 1:45      | ♂AA | Body Mechanics.....        | Robert Boustany .....    | S  |
| 1:30 - 2:30   | ♂AA | Yoga Stretch .....         | Steven Villanueva .....  | B  |
| 1:30 - 2:15   | AA  | Tai Chi for Arthritis..... | Simone Olivier .....     | M  |
| 4:30 - 5:10   |     | LEGS .....                 | Joel Didow .....         | M  |
| 5:15 - 6      |     | miniBARRE.....             | Houstonian Team .....    | S  |
| 5:15 - 6:15   | ♂   | Yoga Body .....            | Larry Thraen .....       | B  |
| 5:30 - 6:10   |     | Arms & Abs.....            | Joel Didow .....         | M  |
| 5:45 - 6:30   |     | Pure Cycle.....            | Chad Neal .....          | SU |
| 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 .....           | Stephanie McCarrey ..... | B  |

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.....                             | Tammy Harris .....       | M  |
| 9:45 - 10:30  |     | Pure Cycle.....                             | Stacy Skolnik .....      | 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  |
| 12 - 12:45    | ♂AA | Yoga Stretch .....                          | Cathy Wertheimer .....   | B  |
| 1:15 - 2      | AA  | Just for Men .....                          | Chad Fuqua .....         | S  |
| 2 - 2:45      | AA  | Seated Stretch & Strength for Seniors ..... | Frances Caron .....      | 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  |
| 5:45 - 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  |
| 7:20 - 7:35   | ♂AA | Sound Journey .....                         | Nosa Edebor .....        | B  |

THURSDAY

|               |     |                                    |                         |    |
|---------------|-----|------------------------------------|-------------------------|----|
| 5:45 - 6:30   |     | Pure Cycle.....                    | Emma Aguirre.....       | SU |
| 6 - 7         | ♂   | Yoga Body .....                    | Charlotte Morales.....  | 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.....                    | Anothony May.....       | SU |
| 8:45 - 10:15  |     | Yoga Flow .....                    | Marizol Cabrera .....   | B  |
| 9:30 - 10:15  |     | Muscles .....                      | Cathy Wertheimer .....  | 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 - 11:30 | ♂   | Yoga Body .....                    | Nosa Edebor .....       | B  |
| 11:30 - 12:15 |     | BARRE off the BARRE .....          | Y.J. Garbo .....        | M  |
| 11:30 - 12:15 |     | Functional Strength.....           | 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  |
| 12:45 - 1:45  | RR  | Bungee .....                       | Stephanie Buck .....    | S  |
| 1:15 - 2      | ♂AA | Functional Mobility .....          | Max Akulin .....        | B  |
| 5 - 5:45      |     | miniBARRE.....                     | Tyler Barbier .....     | S  |
| 5:30 - 6:15   |     | LIFT 45 .....                      | Houstonian Team .....   | M  |
| 6 - 7         | ♂AA | Yoga Stretch & Sound Journey ..... | Stephanie McCarrey..... | B  |
| 6:15 - 7:15   | ♂   | Classic Pilates .....              | Erik Johnson .....      | S  |
| 6:30 - 7:15   |     | Zumba® .....                       | Shellah Ley.....        | M  |

FRIDAY

|               |     |                            |                         |    |
|---------------|-----|----------------------------|-------------------------|----|
| 6 - 7         |     | Muscles.....               | Eran Malone .....       | M  |
| 6:15 - 7      |     | Better Body Bootcamp ..... | Matt McCullough.....    | BB |
| 7 - 7:45      |     | Yoga Therapy.....          | Larry Thraen .....      | B  |
| 7:15 - 8:15   |     | Step 150 .....             | Shanna Finucane .....   | M  |
| 8 - 9         |     | Healthy Backs Yoga .....   | Steven Villanueva ..... | B  |
| 8:30 - 9:15   |     | Cutting EDGE .....         | Hardy Pollard .....     | M  |
| 8:30 - 9      |     | K.A.R.B. 30 .....          | Tyler Barbier .....     | S  |
| 8:45 - 9:30   | ♂   | Pure Cycle.....            | DK .....                | SU |
| 9:10 - 10:10  |     | Kick Mix .....             | Eran Malone .....       | S  |
| 9:15 - 10:15  | ♂   | Yoga Body .....            | Steven Villanueva ..... | B  |
| 9:25 - 10:10  |     | BARRE off the BARRE .....  | Maria Kelly.....        | M  |
| 9:45 - 10:30  |     | Rhythm Ride.....           | Martica Heaner.....     | SU |
| 10:20 - 10:50 |     | LIFT 30 .....              | Y.J. Garbo .....        | M  |
| 10:20 - 11    |     | Jump & Pump .....          | Melissa Shippy.....     | S  |
| 10:30 - 11:30 |     | Yoga Flow .....            | Marizol Cabrera .....   | B  |
| 11 - 11:45    |     | Muscles.....               | Y.J. Garbo .....        | M  |
| 11:10 - 11:55 |     | Contemporary Pilates ..... | Melinda Grunewald ..... | S  |
| 12 - 12:45    |     | Zumba .....                | Tatiana Torrente .....  | M  |
| 12 - 1        |     | Yoga Body .....            | Susy Crosser .....      | B  |
| 1 - 1:45      | AA  | Muscles Basics .....       | Joel Didow .....        | S  |
| 1:15 - 2:15   | AA  | Yoga Stretch .....         | Houstonian Team .....   | B  |
| 1:15 - 2      | AA  | Just For Men .....         | Chad Fuqua .....        | S  |
| 2:20 - 2:45   | ♂AA | The Meditation Class.....  | Houstonian Team .....   | B  |
| 5 - 5:45      |     | Pilates for Men .....      | Erik Johnson .....      | 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  |
| 8:30 - 9:15   |     | Pure Cycle.....     | DK.....                 | SU |
| 8:30 - 9:15   |     | TRX .....           | Steven Elizondo .....   | S  |
| 9:30 - 10:15  |     | Muscles.....        | 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  |
| 10:30 - 11:20 |     | VideoSpin** .....   | Hardy Pollard .....     | SU |
| 10:30 - 11:30 |     | Power Pilates ..... | Melinda Grunewald ..... | S  |
| 10:45 - 11:30 |     | K.A.R.B Cardio..... | Y.J. Garbo .....        | M  |
| 10:45 - 11:45 |     | Yoga Power .....    | Susy Crosser .....      | B  |
| 11:45 - 12:30 |     | miniBARRE.....      | Melinda Grunewald ..... | S  |
| 12 - 1        | ♂AA | Yoga Stretch .....  | Houstonian Team .....   | B  |
| 1 - 1:45      |     | TRX .....           | Steven Elizondo .....   | S  |
| 2:30 - 3:30   | ♂   | Yoga Body .....     | Charlotte Morales.....  | B  |

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 .....            | Larry Thraen .....        | 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 .....         | Steven Villanueva .....   | B  |
| 12 - 12:45    |     | LIFT 30 + Hard Core .....  | Joel Didow .....          | M  |
| 12:30 - 1:30  | RR  | Bungee .....               | Stephanie Buck .....      | S  |
| 12:35 - 1     | ♂AA | The Meditation Class.....  | Steven Villanueva .....   | B  |
| 1 - 2         |     | Zumba .....                | Varelis Fis - Brunet..... | M  |
| 2 - 2:45      |     | Foam Roller Yoga .....     | 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  |

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| CLASS DESCRIPTIONS                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| -----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.                                                                                                                                                                                                                                                            |  |
| Pilates Basics: A gentle version of our Classic Pilates 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.                                                                                                                                                                                                                       |  |
| 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.                                                                                                                                                                                                                                                                                                           |  |
| 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                                                                                                                                                                                                                    |  |

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| down into rounds that overload each muscle group throughout class.                                                                                                                                                                                                                                                                                                                                                                          |  |
| 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.                                                              |  |
| TRX HIIT: This class will combine the unique training capabilities on the TRX system with classic high intensity intervals and strength work.                                                                                                                                                                                                                                                                                               |  |
| -----CARDIO-----                                                                                                                                                                                                                                                                                                                                                                                                                            |  |
| 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!                                                                                                                                                   |  |
| 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. Bosus, benches, body bars, uigs, 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 perfered 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                                                                                                                                                                                                                                                                                                            |  |
| -----HIIT-----                                                                                                                                                                                                                                                                                                                                                                                                                              |  |
| -----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. |  |
| Body Blast Circuit: The ultimate intense, high-energy, challenging but FUN circuit                                                                                                                                                                                                                                                                                                                                                          |  |

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| 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.                |  |
| 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. |  |

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| CLASS DESCRIPTIONS (CONTINUED)                                                                                                                                                                                                                                                                                                                                                 |  |
| -----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.                                                                                                                                                                                                                                                  |  |
| 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 Arthritis: "Tai Chi for Arthritis" is a gentle exercise program using slow Tai Chi movements to improve joint mobility, reduce pain, and enhance balance. Tailored for arthritis, it incorporates controlled breathing, posture, and mindful movements to promote well-being, often led by a certified instructor experienced in adapting Tai Chi for arthritis.   |  |
| Functional Mobility: Improve functional daily movements including effective pre-hab and re-hab for those ornerly 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.                                                                                                                                                                 |  |
| 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.                                                                                                                     |  |
| 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 next step beyond Robert's Yoga Therapy classes. |  |
| Yoga Power: Build focus, endurance, and flexibility in this challenging, full-body                                                                                                                                                                                                                                                                                             |  |