MONDAY

5:45 - 6:35		Pure Cycle	Melanie Kim	Cycle
6 - 7		BARRE CODE	Shanna Finucane	C
6 - 6:50		Muscles	Eran Malone	A
6 - 6:30		TRUE Tabata	Johnna McDaniel	BB
6:30 - 7		TRUE Tabata	Johnna McDaniel	BB
7:20 - 8:20		Yoga Stretch	Misha Laird	B
7:30 - 8		A-lotta Tabata	Hardy Pollard	A
8 - 8:35		Xpress Weights on the Ball	Johnna McDaniel	C
8 - 8:30		BodyShred	Hardy Pollard	A
8:30 - 9:30		Yoga Body	Kim Taurins	B
8:40 - 9:50		Cardio Kickbox	Eran Malone	A
8:45 - 9:30		Pure Cycle	Melissa Shippy	Cycle
8:45 - 9:20		Dirty Thirty	Joei Didow	C
9:35 - 10:10		Xpress Weights	Joei Didow	C
9:45 - 10:30	♂	Rhythm Ride	Cathy Wertheimer	Cycle
9:40 - 10:40		Yoga Heat	Pam Roussell	B
10 - 11		Cutting EDGE	Colleen Kennedy	A
10:20 - 11:15		Cutting EDGE	Shauna Sacco	C
10:35 - 11:15	♂	Lengthen & Strengthen	Cathy Wertheimer	Cycle
10:50 - 11:50		ABC: Arm Balance Conditioning	Andrew Dugas	B
11:15 - 12	♂	Zumba®	Varelis Fis-Brunet	A
11:30 - 12:15		Pilates Basics	Cathy Wertheimer	C
12:20 - 1:05		Barre off the Barre	Y.J.	C
12:20 - 1:05		"Just Stretch"	Matt Blackwell	B
1:30 - 2:30	♂	Yoga Lab	Robert Boustany	B
1:30 - 2:25		Cutting EDGE	Y.J.	A
5 - 5:45		Pilates on the Ball	Melinda Grunewald	C
6 - 7		Rhythm Ride	Eran Malone	Cycle
6 - 7	♂	Yoga Heat	Andrew Dugas	B
6 - 7		Cutting EDGE	Regina Joacim	A
6 - 6:45	♂	miniBARRE	Stacy Skolnik	C
7 - 7:45	♂	LaBlast & MORE!	Bob Luna	C
7:10 - 8:10		Yoga Therapy	Andrew Dugas	B

TUESDAY

5:45 - 6:30		Pure Cycle	Leslie Zizinia	Cycle
6 - 7		Yoga Heat	Alex Ikhimokpa	B
6 - 7		Drill Max	Regina Joacim	A
6:35 - 7:05		Xpress Weights	Leslie Zizinia	C
7:20 - 8:20	♂	Yoga Heat	Larry Thraen	B
7:30 - 8:15		VideoSpin**	Hardy Pollard	Cycle
7:45 - 8:30	♂	Burn Baby Burn	Johnna McDaniel	A
8:30 - 9:30		Yoga Body	Larry Thraen	B
8:35 - 9:35		K.A.R.B.	Leslie Zizinia	C
8:35 - 9:30		Core Motion	Maria Kelly	A
8:45 - 9:30		Pure Cycle	Joei Didow	Cycle
9:30 - 10:15		H45 Xtreme	Hardy Pollard	BB
9:35 - 10:50		Urban Rebounding	Eran Malone	A
9:40 - 11		Yoga Flow	Marizol Cabrera	B
9:45 - 10:30		K.A.R.B.	Melissa Shippy	C
10:40 - 11:20		"Just Weights"	Joei Didow	C
11 - 11:45		Muscle Basics	Cathy Wertheimer	A
11:20 - 12:20		Easy Flow Yoga	Misha Laird	B
11:30 - 12:15 NEW!		Barre off the Barre	Melinda Grunewald	C
12-12:45		*Blitz*	Andrew Chaddick	P. Zone
12 - 12:50		Pump	Colleen Kennedy	A
12 - 1	♂	Pure Cycle	Frances Caron	Cycle
12:30 - 1:30		Yoga Stretch	Misha Laird	B
1:30 - 2		Meditation	Misha Laird	B
4:45 - 5:15		Hot Wheels	Joei Didow	Cycle
4:45 - 5:30		Pump	Rebecca McColm	C
5 - 6	♂	Yoga Heat	Y.J.	B
5:30 - 6:10		"Just Weights"	Joei Didow	A
5:45 - 6:35		Contemporaty Pilates	Leah Flanagan	C
5:45 - 6:30		Pure Cycle	Rebecca McColm	Cycle
6:15 - 7	♂	Core Performance	Y.J.	A
6:15 - 7:15		Classic Pilates	Erik Johnson	B
8 - 9		Slow Burn Yoga	Jennifer Yuhas	B

WEDNESDAY

5:20 - 5:50		BodyShred	Johnna McDaniel	C
5:45 - 6:35		Pure Cycle	Melanie Kim	Cycle
6 - 7	♂	Yoga Heat	Kim Taurins	B
6 - 7		Cutting EDGE	Shanna Finucane	A
6 - 7		H.I.I.T. & Run	Johnna McDaniel	BB
7:20 - 8:20		Yoga Lab	Andrew Dugas	B
7:35 - 8:25		Muscles	Pam Roussell	A
8:45 - 9:30		Rhythm Ride	Joei Didow	Cycle
8:30 - 9:30		Yoga Lab	Andrew Dugas	B
8:30 - 9:30		Cutting EDGE	Y.J.	A
8:45 - 9:25		Dirty Thirty	Jarrod Marrs	C
9:35 - 10:05		Xpress Weights	Joei Didow	C
9:40 - 10:55		Kick Mix	Melissa or Regina	A
9:40 -10:40		Yoga Flow	Marizol Cabrera	B
9:45 - 10:30		Pure Cycle	Cathy Wertheimer	Cycle
10:10 - 11		Contemporary Pilates	Maria Kelly	C
11 - 11:45		Pilates Basics	Cathy Wertheimer	B
11 - 11:50		Cutting EDGE	Regina Joacim	A
11:15 - 12		Dance Tone	Y.J.	C
12 - 1		Yoga Lab	Robert Boustany	B
12 - 1		Get Ripped & Ride	Bob Talamini	Cycle
5:15 - 6		K.A.R.B.	Eran Malone	C
5:30 - 6:15		Pure Cycle	Melanie Kim	Cycle
6 - 7		Yoga Heat	Achim Fassbender	B
6 - 7:10		Kick Mix	Ben Roberson	A
6:30 - 7:30	♂	Zumba®	Veralis Fis-Brunet	C
7:10 - 8:10	♂	Yoga Lab	Achim Fassbender	B

THURSDAY

5:45 - 6:30		Pure Cycle	Rebecca McColm	Cycle
6 - 7		Contemporary Pilates	Erik Johnson	B
6 - 7		Cardio Kickboxing	Ben Roberson	A
6:35 - 7:05		Xpress Weights	Rebecca McColm	C
7:30 - 8:25		Core Performance	Shanna Finucane	A
7:30 - 8		Muscles	Hardy Pollard	C
7:20 - 8:20		Yoga Heat	Jennifer Yuhas	B
8 - 8:30		BodyShred	Hardy Pollard	C
8:35 - 9:35		Cardioga	Pam Roussell	C
8:45 - 9:30	♂	Pure Cycle	Matt Blackwell	Cycle
8:40 - 10		Yoga Flow	Marizol Cabrera	B
8:35 - 9:20		K.A.R.B.	Leslie Zizinia	A
9:30 - 10:15	♂	Sizzle	Y.J.	A
9:45 - 10:35		VideoSpin**	Hardy Pollard	Cycle
9:40 - 10:25		Strong BARRE	Maria Kelly	C
9:30 - 10:30		Body Blast Circuit	Jarrod Marrs	BB
10:10 - 11:10		Yoga Heat	Pam Roussell	B
10:20 - 11		Muscles	Y.J.	A
10:35 - 11:20		Pump	Mitzi Ruff	C
11:05 - 11:45		Align & Define	Maria Kelly	A
11:30 - 12:30		Cardio BARRE	Eran Malone	C
11:30 - 12:30		Yoga Therapy	Achim Fassbender	B
11:55 - 12:40		Muscles Basics	Mitzi Ruff	A
12-12:45		*Blitz*	Andrew Chaddick	P. Zone
12 - 12:45	♂	Pure Cycle	Joei Didow	Cycle
12:45 - 1:30		"Just Stretch"	Matt Blackwell	B
5 - 5:50	♂	Yoga Heat	Marizol Cabrera	B
5:30 - 6:10		"Just Weights"	Joei Didow	A
6 - 6:45		Pure Cycle	Eran Malone	Cycle
6:15 - 6:45		Dirty Thirty	Joei Didow	A
6:15 - 7:15		Classic Pilates	Erik Johnson	C
6:30 - 7:30 NEW!	♂	Yin Yoga	Rhia Robinson	B
7:30 - 8:00 NEW!	♂	Yoga Nidra	Rhia Robinson	B

FRIDAY

5:45 - 6:35		Pure Cycle	Martica Heaner	Cycle
6 - 7		Yoga Heat	Larry Thraen	B
6 - 7		Muscles	Leslie Zizinia	A
6:15- 7		BodyShred	Hardy Pollard	C
7:20 - 8:20		Stretch, Roll & Restore	Misha Laird	B
7:30 - 8:25		Pump	Shanna Finucane	A
8:45 - 9:30	♂	Pure Cycle	Eran Malone	Cycle
8:30 - 9:30		BARRE CODE	Leslie Zizinia	C
8:30 - 9:30		Cutting EDGE	Hardy Pollard	A
8:30 - 9:30		Yoga Body	Marizol Cabrera	B
9:35 - 10:40		Kick Mix	Eran Malone	A
9:35 - 10:30		BARRE CODE	Maria Kelly	C
9:40 -10:40		Yoga Flow	Marizol Cabrera	B
9:45 - 10:30		Rhythm Ride	Heidi or Joei	Cycle
10:45 - 11:30		Contemporary Pilates	Cathy Wertheimer	C
10:50 - 11:50		ABC: Arm Balance Conditioning	Achim Fassbender	B
10:50 - 11:35		Muscles	Heidi or Joei	A
12 - 1		Yoga Lab	Achim Fassbender	B
6 - 7	♂	Yoga Heat	Andrew Dugas	B

SATURDAY

7 - 8	♂	Muscles	Tonya Robinson	A
7:30 - 8:20		Pure Cycle	Eran Malone	Cycle
7:30 - 8:30	♂	Yoga Flow	Jennifer Yuhas	B
8:10 - 9:15		Cutting EDGE	Shanna Finucane	A
8:30 - 9:30		Body Blast Circuit	Eran Malone	BB
8:30 - 9:15		Cardioga	Johnna McDaniel	C
8:40 - 9:30		Yoga Therapy	Andrew Dugas	B
9 - 10		Pure Cycle	Natalie Scott	Cycle
9:25 - 10:15		miniBARRE (Cap. 40)	Melinda Grunewald	C
9:25 -10:05		"Just Weights"	Johnna McDaniel	A
9:40 - 10:30		Yoga Lab	Andrew Dugas	B
10:15 -11:05	◷ ♂	Zumba®	Varelis Fis-Brunet	A
10:20 - 11:10		Pure Cycle	Melissa Shippy	Cycle
10:30 - 11:30	♂	Contemporary Pilates	Melinda Grunewald	C
10:40 - 11:30		Classic Pilates	Erik Johnson	B
11:15 - 12:05	◷	Cutting EDGE	Cathy Wertheimer	A
11:30 - 12:30		VideoSpin**	Hardy Pollard	Cycle
11:40 - 12:40		Yoga Body	Achim Fassbender	B
11:45 - 12:30		H.I.I.T. 40 x 45	Johnna McDaniel	C
12:15 - 12:45	◷	Yoga Stretch Express	Cathy Wertheimer	A
12:50 - 1:50		Yoga Heat	Achim Fassbender	B

SUNDAY

8:50 - 9:50		Contemporary Pilates	Erik Johnson	C
9 - 10	♂	Dance the Step	Ben Roberson	A
9:10 - 10:10		Yoga Body	Larry Thraen	B
9:30 - 10:30		Studio Cycle	Martica Heaner	Cycle
10 - 10:45		miniBARRE	Houstonian Team	C
10:20 - 11:20	♂	Yoga Stretch	Misha Laird	B
10:45 - 11:30		Pure Cycle UNPLUGGED	Joei or Melanie	Cycle
10:45 - 11:30		SHOCKWAVE®	Regina or Jarrod	BB
10:55 - 11:40		Cutting EDGE	Martica Heaner	A
10:55 - 11:35		Breathe, Move & Flow	Melinda Grunewald	C
11:30 - 12:50	♂	Yoga Heat	Jennifer Yuhas	B
11:45 - 12:15		Xpress Weights	Joei or Melanie	A
3:30 - 4:30	♂	Yoga Heat	Achim Fassbender	B
4:40 - 5:40		Yoga Lab	Andrew Dugas	B
4:45 - 5:30 NEW!		Bodyshred	Alex Ikhimokpa	C
5:50 - 6:50		Yoga Therapy	Andrew Dugas	B

VOYAGERS WEEKLY CLASS SCHEDULE

Monday			
7:20 - 8:20	Yoga Stretch	Misha Laird	B
11 - 12	Basketball Exercise	Ember Ornsby	BB
11:30 - 12:15	Pilates Basics	Cathy Wertheimer	C
12:20 - 1:05	"Just Stretch"	Matt Blackwell	B
1:15 - 2	Perfect Balance	Martica Heaner	C
2:30 - 3:15	Just for Men	Matt Blackwell	A
7:10 - 8:10	Yoga Therapy	Andrew Dugas	B
Tuesday			
11 - 11:45	Muscle Basics	Cathy Wertheimer	A
12:30 - 1:30	Yoga Stretch	Misha Laird	B
1:30 - 2	Meditation	Misha Laird	B
Wednesday			
11 - 11:45	Pilates Basics	Cathy Wertheimer	B
11 - 12	Basketball Exercise	Ember Ornsby	BB
2:30 - 3:15	Just for Men	Chad Fuqua	A
Thursday			
10:45 - 11:30	Cardio for Life	Martica Heaner	Cycle
11:30 - 12:30	Yoga Therapy	Achim Fassbender	B
11:55 - 12:40	Muscle Basics	Mitzi Ruff	A
12:45 - 1:30	"Just Stretch"	Matt Blackwell	B
Friday			
11:45 - 12:30	Perfect Balance	Joei Didow	C
1:15 - 2:15	Just For Men	Chad Fuqua	A
Saturday			
8:40 - 9:30	Yoga Therapy	Andrew Dugas	B
Sunday			
10:20 - 11:20	Yoga Stretch	Misha Laird	B
5:50 - 6:50	Yoga Therapy	Andrew Dugas	B

♂ Kids age 12 - 14 may attend with parent. **Viewer Discretion ◷Time Change ✓ Registration Required (mshippy@houstonian.com) ➔ Location Change

GROUP EXERCISE

Last Updated

October 8, 2018

See the complete list of classes, instructor substitutions and specialty workshops and formats on our Houstonian Club app.

To install the app on your phone, simply go to: www.myhoustonian.com/app on the internet and add the link to your home screen.

Stop by the Sales office or Group Exercise office for assistance.

CLASS DESCRIPTIONS

---------- CARDIO ----------

Body Blast Circuit: The ultimate intense, high-energy, challenging but FUN circuit class! Get pushed to your limits with different exercises each week that build muscle, burn calories and change your body!

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, increases your dynamic stability and movement proficiency. Become fitter, healthier and more athletic than ever before!

Burn Baby Burn: Classic Fat Burner movements (low and slow) with fresh low impact combinations, resulting in a powerful, effective blend of core strengthening, muscle conditioning, and calorie burning. (All levels)

Cardio Kickbox: High energy workout of kickboxing drills and combinations on and off heavy bags.

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

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

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

Dance the Step: This fun class combines dance choreography on the floor with step choreography on the bench, resulting in a great cardio workout with plenty of sweat!

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

Hard Core: Specific, intense and effective class targeting core abdominal muscles. Each class unique.

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

Kick Mix: Our traditional Cardio Kickbox class interrupted with short intervals of cardio & strength exercises using various equipment. Bosus, benches, body bars, ugls, tubing and more. Expect a fresh class each week!

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

SHOCKWAVE®: Recently dubbed the "World's Best Circuit Class", SHOCKWAVE® offers the unique combination of various modalities of circuit training with the high-intensity cardio intervals on the Indo-Row® rowers, providing participants with the ultimate challenge of strength, cardio, core and endurance.

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

---------- CYCLE ----------

Pure Cycle: Our H-Club Cycle Signature ride. This perfect blend of climbs, sprints and mixed terrain provides an opportunity to work with speed, strength, endurance and high intensity intervals in every class. Pure Cycle has consistent elements incorporated into each ride, but leaves room for our highly skilled instructors to put their own personality and creativity into how it comes together. Expect a unique experience from class to class with a variety of lighting options, music selections and visual entertainment on the screens.

Pure Cycle UNPLUGGED: Prepare to "unplug" from it all for a unique Pure Cycle experience in the dark! No screens, no frills, no lights go OUT.

Rhythm Ride: A one of a kind, exhilarating experience and amazing workout! Let the rhythm of the music lead you through this non-technical, beat-based ride. Perform fun, but simple upper body movements and choreography on the bike and top it all off by using light weights to maximize your calorie burn and add to the fun!

VideoSpin: Take Rhythm Ride to the MAX. This class is a full out PARTY ON THE BIKE! Get ready to be fully entertained with Music Videos, energetic and current music, fun and creative movements on the bike and upper body work with light weights. The ultimate cycle experience!

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

---------- DANCE ----------

BARRE CODE: An athletic, hard-core workout influenced by classical ballet barre.

BARRE off the Barre: Put your balance to the test in this barre class WITHOUT the barre! This unique, low-impact, high energy class combines traditional barre moves to sculpt your glutes, and legs, light weights for upper body and standing core work that will elongate the appearance of your body

Cardio BARRE: Classic barre moves for the seat and thighs combined with light hand weights for upper body strengthening, brief cardio intervals for increased fat and calorie burning, and pilates mat work to sculpt and tone the midsection. Low and high impact cardio options are always provided to all levels welcome.

La Blast and MORE: Come join us for this fun, energetic, cardio dance class which includes choreography from many different forms of dance. This class is easy to follow as it frees, builds and unleashes the dancer in us all.

Mini BARRE: A 45-minute condensed version of our signature Cardio BARRE or BARRE CODE that adds short cardio bursts.

Sizzle: A hot, fun dance class with high energy moves, exciting choreography, and lots of sweat. Come enjoy great music, and dance your way to a lean, toned body.

Zumba®: A fusion of Latin and International music dance themes that create a dynamic and exciting workout. These "FUN AND EASY TO DO" routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

----------STRENGTH ----------

Cutting EDGE: A more refined format including traditional weight training combined with timed cardio intervals consisting of basic athletic movements specifically designed to enhance the strength portion of the workout experience.

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

K.A.B.B.: Create "Killer Abs & Rock Bottoms" with this powerful, integrated workout designed to re-shape, define & strengthen your lower body and abs.

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

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

Strong BARRE: Spice up your weight workout by incorporating the BARRE! In this creative new format, you will combine traditional upper body exercises with dumbbells and total body BARRE moves.

Xpress Weights: A 30 minute weight training class following **Xpress Weights on the Ball:** Try our signature "Just Weights" class utilizing the large Resist-a-ball! Get the same great upper body strength workout while sitting or lying on the ball for additional stability and core work.

----------H.I.I.T. Formats----------

A-Iota Tabata: Time flies in this fast-paced class which combines the Tabata Protocol (short bursts of high intensity exercise followed by brief rest, repeated several times for a timed interval) with additional strength and cardio intervals for a challenging, efficient full-body workout.

BodyShred: Jillian Michaels' exclusive metabolic conditioning workout consisting of unique, high intensity, effective exercises that leave you shredded!

Dirty Thirty: is a simple, effective, Tabata-style cardio workout consisting of three 10 minute rounds of exercises utilizing a variety of basic equipment. Get down and dirty in thirty minutes, in this intense (but adaptable) workout designed for men and women of all fitness levels.

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

H.I.I.T. 40x4S: A HIIT format that provides a TOTAL BODY workout in 45 minutes. It will take you through 40 different & distinct exercises with upper body, lower body, core and cardio elements. Each work interval is 45 seconds with a 15 second rest period.

TRUE Tabata: We've all tried tabata, but have you really tried doing TRUE tabata? After a quick warm-up, you will complete 20 minutes of true, non-stop, high-intensity tabata, followed by 4 minutes of core work. Do the first 30 minute class and work up to being able to do both classes back-to-back!

---------- PILATES ----------

Align & Define: Take the principles of Pilates to a whole new level... standing up! Improve your body alignment and posture with the use of tubing, magic circles and more. Strengthen your core and skeletal muscles in an upright position.

Breathe, Move & Flow: This class coordinates movement, breath and mental focus. While addressing the entire body, energy pathways are opened , the nervous system is stimulated, and strength is created through rhythmic, flowing movement sequences.

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!

Pilates on the Ball: A 45 minute Pilates class using the large stability balls to transform classic Pilates exercises into integrated, complex movements that create long, lean muscles and strong core.

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

----------YOGA ----------

In ascending order of physical intensity

Yoga Nidra: Yoga Nidra is an ancient meditation technique that has the potential to take you to the innermost levels of relaxation where your whole body and being is permeated by peace of mind and profound stillness. We will be exploring Yoga Nidra's effects on stress, habitual tendencies, reactive mental patterns and our sleep.

Meditation: Raise your level of joy and peace in your daily activities and feel your "emotional fuses" lengthen with a regular meditation practice. Every class includes a simple introduction to meditation and a beginner-friendly mindfulness exercise that you practice at home.

Yoga Therapy: A beginner-friendly, physically-mild practice in a workshop-like format that combines a fair amount of anatomical info sharing with the actual poses and movement. Class content is designed to recapture healthy range of motion in joints and create healthy stability for those who may have challenges getting up and down off the floor and chronic conditions that limit quality of life. No prior yoga experience needed.

Yoga Stretch: A beginner-friendly, physically-mild practice for the inflexible to replace tightness with ease and suppleness. Working close to the floor, the simple, supported poses held for longer times relieve stress and provide the stretch component of any well-rounded fitness regime. Similar to yin yoga or restorative yoga and includes mindfulness explorations to deepen our abilities to live skillfully. No prior yoga experience needed.

Yoga Stretch Express: A physically-mild practice for the fit and inflexible to replace tightness with ease and suppleness. Get the stretch component of any well-rounded fitness regime and enjoy the chance to "stretch OUT, zone IN, and BREATHE!" No yoga experience needed.

Stretch, Roll & Restore: A hybrid class combining the best of Yoga Stretch with the self-massage of the Yoga Tune Up Therapy Balls. A beginner-friendly practice includes effective postures to lengthen typically tight muscles and simple, easy-to-learn rolling techniques with the therapy balls to increase blood flow and range of motion.

Yin Yoga: Hold mostly sitting poses for 2-5 minutes to transform joint fluids and connective tissue from static to dynamic. Especially beneficial to runners, swimmers and anyone with tight hips and hamstrings.

Yoga Body: A well-rounded, moderately-physical hatha yoga practice that will lightly warm you up and stretch you out while beginning to train your body for more advanced work. Includes classical yoga asanas such as sun salutations, standing poses, arm and leg balances, and more. Most appropriate for active beginners who can comfortably get up and down off the floor without using hands. No prior yoga experience needed.

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.

ABC: Arm Balance Conditioning: Become stronger and *ready* for upside down poses. Active-beginners and beyond will develop the confidence to safely approach classical arm balances such as handstands, crow, forearm balance, and more.

Slow Burn: Journey inwards in the deep, slow, sweaty work of this practice to find true balance between effort and ease. Explore the smooth linking of unhurried breath with movement, intensified by longer holds to awaken your body and clear your mind. Recommended for active new-to-yoga and more experienced yogis who are ready to elevate their inner experience beyond their outer techniques.

Yoga Heat: Build inner heat through a more physically-intense, intermediate-level workout exploring a wide range of classical asanas and their variations. May include longer holds and challenging progressions. Designed for those who have previous experience with basic classical yoga poses like sun salutations and standing poses and are ready for the next level. Expect to sweat and know your limits. (Note: The temperature in Studio B remains in the same range of 78 - 82 degrees in all classes, including Yoga Heat.)

Yoga Flow: Intermediate-level flow-based practice that combines traditional yoga poses with the vibes of today's music. May include on-your-own flow work to music, advanced-level asana work, deep hip openers and inversions. Previous yoga experience recommended.

---------- BASICS ----------

Basketball Exercise: A fun, non-competitive basketball exercise class consisting of 30-minutes of skills/drills with focus on rebounding, setting screens, picks and rolls, and ball handling. Wraps up with a friendly scrimmage.

Cardio for Life: Perform various types of low impact cardio to strengthen your heart and keep you fit!

Muscle Basics: A modified strength training class using dumbbells, bands, and balls for a complete, total body workout. Slower, simplified moves with more challenging options allow participants of all ages and levels to get the muscle building workout they need. Improve functional and muscular strength, increase bone mass, better your balance, and rev your metabolism with strength training.

Perfect Balance: This class combines strength and agility exercises to build core strength and improve balance.

Pilates Basics: A gentle version of our Classic Pilates class.

Just For Men: A class designed specifically for men to improve cardiovascular health and keep you moving!

"Just Stretch": A stretch class designed for every age, gender, and fitness level. A combination of total body active and passive stretches. Most of the class will be performed on the mat with a few standing stretches.

CLASS DESCRIPTIONS (CONTINUED)