

# GROUP X SCHEDULE: AUGUST 2826

| TIME:          | MON        | TUES           | WED                           | THUR                        | FRI               | SAT | DETAILS:            |
|----------------|------------|----------------|-------------------------------|-----------------------------|-------------------|-----|---------------------|
| 6:00 - 7:00a   |            | SUNRISE CYCLE  |                               | SUNRISE CYCLE               |                   |     | CHALLENGING         |
| 8:00 - 9:15a   |            |                |                               |                             |                   |     | CHILDCARE AVAILABLE |
| 9:00 - 10:00a  | PILATES    |                | ACTIVE ALIGNMENT              |                             | PERFECT ALIGNMENT |     | CARDIO & STRENGTH   |
| 10:15 - 11:15a | IMMOVABLE  |                | IMMOVABLE                     |                             | HIIT & TRX        |     | LOW INTENSITY       |
| 10:15 - 11:15a |            |                |                               | KICKBOXING<br>NO CLASS 8/20 |                   |     | POP-UP CLASS        |
| 12:00 - 12:45p | STEP       |                |                               |                             |                   |     | RM CLOSED           |
| 1:30 - 2:30p   |            | YOUNG @ HEART  |                               | YOUNG @ HEART               |                   |     | STRETCH & STRENGTH  |
| 4:00 - 4:30p   |            | PEDAL & PRAISE |                               |                             |                   |     | WEIGHT ROOM         |
| 4:45 - 5:30p   | PILOXING   |                | ZUMBA                         |                             |                   |     |                     |
| 4:45 - 5:45p   |            | PILATES        |                               | PILATES                     |                   |     |                     |
| 6:00 - 7:00p   | BOOTCAMP   |                | IMMOVABLE<br>8/5 & 8/19       | BOOTCAMP                    |                   |     |                     |
| 6:30 - 8:00p   |            |                | FIT CLASS & BS<br>Begins 8/19 |                             |                   |     |                     |
| 7:00 - 8:00p   | IRON GRIND |                |                               | IRON GRIND                  |                   |     |                     |

# CLASS DESCRIPTIONS:

## ACTIVE ALIGNMENT:

This class takes Perfect Alignment up a notch or two by adding a bit of cardio & a lot of strength, while maintaining the stretch & flow of Perfect Alignment.

## ALIGNSMART CHECK-UP: (By appointment only)

AlignSmart measures you to identify imbalances and deviations that negatively affect your body and workout, potentially damaging your joints. Get a quick assessment and evaluation BEFORE you add load to your body. Navigate exercises and variations tailored to your needs.

## BOOT CAMP:

This is a strength-building class that teaches the basics, as well as more advanced movements. We can modify what you need to build and achieve maximum success. Enhance your endurance and ability to surpass previous limits.

## FIT CLASS AND BIBLE STUDY 8/19 - 11/4

45 minutes of various strength, cardio & movement throughout the 12 weeks with an added 45-minute Bible Study.

## HIIT/TRX:

A high-intensity, full-body workout using TRX, resistance, and functional training. Build strength, endurance, and confidence while challenging yourself.

## IMMOVABLE:

Challenge yourself to build strength, stability, resilience, and discipline through dynamic movement, proper form, and muscle-building technique. Get stronger inside and out—and become truly immovable.

## IRON GRIND:

A full-body strength training class in the weight room designed to build maximum power and endurance. This class focuses on proper form & progressive overload - perfect for those who are ready to get stronger, lift heavier, and level up their fitness!

## KICKBOXING:

Learn self-defense techniques in a fitness setting. You will punch, jab, hook, uppercut, and kick. Gloves provided! Walk away a little stronger and feeling ready for anything! A power-packed workout!

## PEDAL & PRAISE

An uplifting spin class for all fitness levels with energizing music, motivating encouragement, and ride-at-your-own-pace intervals.

## PERFECT ALIGNMENT - A YOGA ALTERNATIVE:

Deep stretching and strengthening tones & aligns the body, leaving you refreshed. This is an excellent yoga alternative.

## PILATES:

Flowing movements that target the core. A peaceful and relaxing way to stretch and strengthen the body at the same time. A great class to relieve stress and just breathe.

## PILOXING:

A combination of boxing, pilates & dance for a fun cardio workout. Gloves provided.

## STEP:

Using the Reebok Step Bench, you will get your heart pumping with various combinations that improve brain health and connect the mind and the body! Whether coordinated or not, you will love it!

## SUNRISE CYCLE:

This class consists of 30 minutes of Heart Zone cycling, followed by strength training. It ends with intentional stretching and foam rolling for recovery.

## YOUNG @ HEART:

Geared toward the mature adult. Strength training, balance work & stretching to keep you mobile & functioning in everyday activities. Join the vibrant community of active agers who love and support one another!

## ZUMBA:

A fun, high-energy dance workout set to Latin and world music. Easy to follow and perfect for all fitness levels—just come ready to move and have fun!

## CLASS QUESTIONS:

Connect with our team at: [Fitness@HoustonsFirst.Org](mailto:Fitness@HoustonsFirst.Org) | 713-957-6710.