

# GROUP X SCHEDULE: MAY 2026

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 - 11:00a	IMMOVABLE		IMMOVABLE		HIIT & TRX		LOW INTENSITY
10:15 - 11:15a			BODY COMP 5/20: 10:15-11:45a	KICKBOXING			POP-UP CLASS
12:00 - 12:45p	STEP			RHYTHM RIDE NO CLASS: 5/28			RM CLOSED
1:30 - 2:30p		YOUNG @ HEART	YOUNG @ HEART CIRCUIT 5/20	YOUNG @ HEART			STRETCH & STRENGTH
4:45 - 5:30p	PILOXING		ZUMBA <b>NEW</b>				WEIGHT ROOM
4:45 - 5:45p	BODY COMP 5/18: 4:45 - 6:00p	PILATES		PILATES			
5:30 - 6:45p	COACH CONNECTION						
6:00 - 7:00p	BOOTCAMP		IMMOVABLE	STRETCH & LEARN 5/14			
7:00 - 8:00p	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.

## COACH CONNECTION:

A trainer to assist in the weight room. We want to connect with you, whether you're just beginning or need to accelerate your results. Conquer the weight room with confidence! This is your Start Smart Connection.

## 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.

## HIIT/TRX:

Designed to help you reach a new fitness level while having a blast working against the clock. Be ready to try out the combination of plyometric, isometric, and resistance exercises & much more in this HIGH-INTENSITY class! Additionally, using the TRX to leverage gravity & body weight to perform exercises.

## IMMOVABLE:

Build strength, stability, and discipline through dynamic movement and proper technique—becoming stronger and immovable from the inside out.

## IRON GRIND:

High-intensity, full-body strength training focused on heavy lifts, explosive movements, and progressive overload to build power, endurance, and serious strength.

## 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!

## 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.

## RHYTHM RIDE:

Rhythm Ride is a 35-minute spin class set to motivating music that keeps you moving and smiling. Ride to the beat as you build strength, boost endurance, and burn calories in a fun-paced workout. Perfect for all fitness levels—short and guaranteed to energize you.

## 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!

## 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!

## POP-UP CLASSES

### BODY COMPOSITION: 5/18 4:45-6P | 5/20 10:15-11:45A

Ready to see what your body is really made of? Our Body Composition test measures body fat, muscle mass, and overall health, giving you the tools to track progress and reach your fitness goals faster. Get measured. Get motivated. Get results.

### STRETCH & LEARN: 5/14 6-7P

An educational stretching class that teaches you about your muscles while improving flexibility.

### YOUNG @ HEART CIRCUIT: 5/20 1:30-2:30P

Keep moving, keep smiling, and keep getting stronger with this engaging circuit class. Enjoy a variety of stations that support healthy aging, mobility, and total-body fitness.

## CLASS QUESTIONS:

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