










GROUP X SCHEDULE: JULY 2025

| CLASS TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|----------|
| 6:00 - 7:00 AM | | CYCLE, STRENGTH, & STRETCH  | | CYCLE, STRENGTH, & STRETCH | | |
| 8:00 - 9:15 AM | | | | | | |
| 9:00 - 10:00 AM | PILATES  | | ACTIVE ALIGNMENT  | | PERFECT ALIGNMENT  | |
| 10:15 - 11:15 AM | CONQUER  | | CONQUER  | | HIIT & TRX  | |
| 11:30A - 12:30 P | | | | KICKBOXING JULY 24 ONLY  | | |
| 12:00 - 12:45 PM | STEP: JULY 7 (VIDEO), 14, 21, & 28 ONLY  | | | | | |
| 1:30 - 2:30 PM | | YOUNG @ HEART | | YOUNG @ HEART | | |
| 4:45 - 5:30 PM | PILOXING | | | | | |
| 4:45 - 5:45 PM | | PILATES | | POWER PILATES | | |
| 5:30 - 6:45 PM | COACH CONNECTION | | | | | |
| 6:00 - 7:00 PM | BOOT CAMP | | CONQUER | | | |

KIDFIT REGISTRATION

SCAN ME



CLASS DETAILS:

BOOTCAMP

STRETCH/STRENGTH



CHILDCARE PROVIDED

CARDIO/STRENGTH

LOW INTENSITY



HEART ZONES

WEIGHT ROOM

ROOM CLOSED



POP-UP CLASS

SHARE YOUR QUESTIONS WITH US:

FITNESS@HOUSTONSFIRST.ORG



ANNOUNCEMENTS & UPDATES:

- **FOURTH OF JULY: FITNESS CENTER CLOSED**
- **POP-UP STEP CLASS:**
 - 7/7, 7/14, 7/21 & 7/28 NOON-12:45P | GROUP X RM
- **POP-UP KICKBOXING: 7/24 ONLY | 11:30A-12:30P | GROUP X RM**
- **SUMMER KID FIT: MWF 9-10A OR 10:10-11:20A**
 - **REGISTRATION REQUIRED FOR KIDFIT (SCAN QR CODE)**
 - DROP-INS WELCOME IF SPACE IS AVAILABLE.

CLASS DESCRIPTIONS

ACTIVE ALIGNMENT:

This class is taking Perfect Alignment up a notch or two by adding a bit of cardio & a lot of strength while keeping the stretch & flow of Perfect Alignment.

BOOT CAMP:

This is a strength-building class that teaches the basics plus more challenging movements. We can modify what you need to build and achieve maximum success. You will increase your endurance and capacity to push through previous limits.

COACH CONNECTION:

A trainer will assist in the weight room. We want to connect with you, whether you are just beginning or need to accelerate your results. Conquer the weight room with confidence!

CONQUER:

This NEW CLASS is cardio strength intervals utilizing body weight bars/plates, weights, plyometrics, and more! Challenge your current fitness level as you push to overcome previous mental and physical barriers. The class starts with dynamic movement and ends with a brief stretch. You gotta conquer something!!!!

CYCLE, STRENGTH, & STRETCH:

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

FOUNDATIONS (Upstairs Weight Room: This is your Start Smart Connection)

This orientation-style opportunity is designed for new members to learn more about Fitness at Houston's First through equipment and workout demonstrations led by a personal trainer.

HEART ZONES:

Connects your head to your heart and the rest of your body with our wearable technology. Use live biofeedback to know precisely how your body works so you can train smarter, not harder.

KICKBOXING(POP-UP ON 7/24 ONLY)

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!

HIIT:

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!

PERFECT ALIGNMENT - A YOGA ALTERNATIVE:

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

PILATES:

A must for cross-training to counterbalance cardio & weights. A peaceful and relaxing way to stretch and strengthen the body, primarily focusing on the core. A great class to relieve a stress-filled life.

PILOXING:

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

POWER PILATES:

A combination of Pilates and strength with stability balls. Power up your core and strength for a balanced workout. A peaceful way to stretch and strengthen the body!

STEP (POP UP on 7/7, 14, 21, & 28)

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

TRX:

This is a total body workout using suspension training. This leverages gravity & body weight to perform exercises. Try a uniquely different kind of workout.

YOUNG @ HEART:

Geared toward the mature adult. Strength training, balance work & stretching to keep you mobile & functioning in everyday activities. Join the sweet community of active agers loving & supporting each other well!

KID FIT: An exciting fitness program designed just for children who have completed kindergarten through 5th grade.

Led by our expert fitness instructors, children will engage in fun, interactive games and activities right here on our fitness track — designed to help them stay active, build strength, and make new friends.

CLASS QUESTIONS:

Connect with our team at Fitness@HoustonsFirst.Org.