










# GROUP X SCHEDULE: SEPTEMBER 2024

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00 AM		CYCLE, STRENGTH, & STRETCH 		CYCLE, STRENGTH, & STRETCH		
8:00 - 9:15 AM		GROUP X ROOM CLOSED 7-9A		GROUP X ROOM CLOSED 7-9A		OCR (OBSTACLE COURSE RACE)
9:00 - 10:00 AM	PILATES 		ACTIVE ALIGNMENT 		PERFECT ALIGNMENT 	GROUP X ROOM CLOSED FROM 10AM - 12PM
10:15 - 11:15 AM	CONQUER 		CONQUER 		HIIT & TRX 	
1:30 - 2:30 PM		YOUNG @ HEART		YOUNG @ HEART		
4:45 - 5:30 PM	PILOXING					 <p>POP UP CYCLE FOR THE SOUL: 9/14 FROM 9:30 - 10:30AM</p>
4:45 - 5:45 PM		PILATES		POWER PILATES		
5:30 - 6:45 PM	COACH CONNECTION			COACH CONNECTION		
6:00 - 7:00 PM	BOOT CAMP		BOOT CAMP			
6:30 - 8:00 PM			WOMEN'S BIBLE STUDY 			

## HFBC EVENTS:

SCAN ME



## CLASS DETAILS:

BOOTCAMP

STRETCH/STRENGTH



CHILDCARE PROVIDED

CARDIO/STRENGTH

LOW INTENSITY



HEART ZONES

WEIGHT ROOM

ROOM CLOSED

SHARE YOUR QUESTIONS WITH US:

[FITNESS@HOUSTONSFIRST.ORG](mailto:FITNESS@HOUSTONSFIRST.ORG)



## ANNOUNCEMENTS & UPDATES:

- **LABOR DAY CLOSURE:** MONDAY, 9/2
- **WOMEN'S BIBLE STUDY:** JOIN US WEDNESDAY NIGHTS FROM 6:30-8:00P FOR A WOMEN'S FITNESS CLASS AND BIBLE STUDY IN ROOM 274 (ON THE TRACK).
- **FIRST PLACE FOR HEALTH:** FALL SESSION WILL TAKE PLACE 8/27-11/12. EMAIL [DEBBIE.BROWN@HOUSTONSFIRST.ORG](mailto:DEBBIE.BROWN@HOUSTONSFIRST.ORG) WITH QUESTIONS.
- **HEALTH BY CHOICE, NOT BY CHANCE: 9/14 AT 10:30AM**
  - A TWO-HOUR PLANT-BASED COOKING CLASS, (\$10 COST).
- **SYMMETRY WORKSHOP, SARA BINAU (CPT): 9/18 AT NOON**
  - A WORKSHOP ON THIS PATENTED SYSTEM FOR POSTURE CORRECTION AND PAIN RELIEF.

# 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 offer modifications for what you need to build and achieve maximum success. Increase your endurance and capacity to push through previous limits.

## **COACH CONNECTION:**

A trainer to provide assistance in the weight room. Whether you are just beginning or need to accelerate your results, we want to connect. Conquer the weight room with confidence!

## **CONQUER: NEW!**

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 FOR THE SOUL:**

Once a month pop-up spin class on the second Saturday of the month.

## **CYCLE, ROW, & TRX: (WILL RESUME IN SEPTEMBER)**

This class covers 40 minutes of cycle with interval opportunities for a full body workout experience. Concept Rowers and TRX suspension training are incorporated. Complete this cardio workout with stretching and you will be ready to face the day!

## **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.

## **HEART ZONES:**

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

## **HIIT:**

Designed to help you reach a new level of fitness 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!

## **OCR (Obstacle Course Race):**

This is our most challenging class. You must meet approval from Boot Camp to be included. This class is intended for those training for obstacle course racing (Spartan, Tough Mudder, Savage etc.).

## **PERFECT ALIGNMENT - A YOGA ALTERNATIVE:**

Deep stretching and strengthening that tones & aligns the body leaving you refreshed. This is a wonderful 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. A calorie blasting 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!

## **TRX:**

This is total body workout using suspension training. This leverages gravity & body weight to perform exercises. Come 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. Come join the sweet community of active agers loving & supporting each other well!

## **CLASS QUESTIONS:**

Connect with our team at [Fitness@HoustonsFirst.Org](mailto:Fitness@HoustonsFirst.Org).