

GROUP X SCHEDULE: JANUARY 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 	
12:00 - 1:00 PM	POP UP STEP 1/13 				ROOM RESERVED: PRIVATE EVENT	
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	POP UP MUSCLE RELEASE 1/21 @ 5:45 		WEIGHT ROOM FOUNDATIONS 		
6:00 - 7:00 PM	BOOT CAMP		CONQUER			
6:30 - 8:00 PM			WOMEN'S BIBLE STUDY: STARTS 1/29 			

HFBC EVENTS:

SCAN ME



CLASS DETAILS:

BOOTCAMP

STRETCH/STRENGTH

 CHILDCARE PROVIDED

CARDIO/STRENGTH

LOW INTENSITY

 HEART ZONES

WEIGHT ROOM

ROOM CLOSED

 SPECIAL ONE-TIME PER MONTH CLASS

SHARE YOUR QUESTIONS WITH US:

FITNESS@HOUSTONSFIRST.ORG



ANNOUNCEMENTS & UPDATES:

- POP-UP STEP CLASS: 1/13, NOON-1P
- POP-UP MUSCLE RELEASE CLASS: 1/21, 5:45-6:45P
- FIRST PLACE FOR HEALTH: SPRING SESSION KICKS OFF 1/21
- WOMEN'S WED NIGHT BIBLE STUDY & WORKOUT: 1/29 - 3/5
 - READING THROUGH *ANXIOUS FOR NOTHING* BY MAX LUCADO
- **UPCOMING WELLNESS WORKSHOPS**
 - BENEFITS OF SIMPLY WALKING: 1/23 | NOON-1:15P | HARBOR RM
 - SYMMETRY WORKSHOP: 2/12 | NOON-1:15P | HARBOR RM

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:

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, ROW, & TRX:

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.

FOUNDATIONS (upstairs weight room : This is your Start Smart Connection

This orientation-style class is designed for new members to learn more about Fitness at Houston's First through equipment and workout demonstrations lead 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 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!

MUSCLE RELEASE - RECOVERY (POP UP 1/21 5:45-6:45P

Utilize various release tools for self Myofascial release. Target triggerpoints that limit your flexibility and movement.

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 for a fun cardio workout. 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 1/15)

Using the Reebok Step Bench you will get the 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 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.