

# GROUP X SCHEDULE: AUGUST 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 (NO CLASS 8/22) 	
11:30A - 12:30 P				KICKBOXING (AUG 28 ONLY) 		
12:00 - 12:45 PM	STEP: (AUG 4, 18, 25 ONLY) 	STEP: (AUG 12 ONLY) 				
1:30 - 2:30 PM		YOUNG @ HEART		YOUNG @ HEART (NO CLASS 8/21)		
4:45 - 5:30 PM	PILOXING					
4:45 - 5:45 PM		PILATES		POWER PILATES (NO CLASS 8/21)		
5:30 - 6:45 PM	COACH CONNECTION					
6:00 - 7:00 PM	BOOT CAMP		CONQUER			
6:15 - 8:00 PM			WOMEN'S BIBLE STUDY: AUG 20 - SEPT 24			

## HFBC EVENTS

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](mailto:FITNESS@HOUSTONSFIRST.ORG)



## ANNOUNCEMENTS & UPDATES:

- IMPORTANT CLASS UPDATES DUE TO SCHEDULE CONFLICTS:
  - ONE-TIME CLASS CANCELLATIONS:
    - THUR, 8/21: YOUNG @ HEART & POWER PILATES
    - FRI, 8/22: HIIT/TRX
- POP-UP STEP CLASS:
  - 8/4, 8/12 (TUE), 8/18, 8/25 NOON-12:45P | GROUP X RM
- POP-UP KICKBOXING: 8/28 ONLY | 11:30A-12:30P | GROUP X RM
- WOMEN'S BIBLE STUDY & FITNESS CLASS: SESSION 1, 8/20 - 9/24
  - INTERACTIVE BIBLE STUDY WALKING THROUGH SEASON 1 OF THE CHOSEN
- LABOR DAY CLOSURE: **FITNESS CENTER CLOSED 9/1**



# 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, 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.

## **CONQUER:**

This new class combines cardio strength intervals with 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've got to conquer something!!!!

## **CYCLE, STRENGTH, & STRETCH:**

This class consists of 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. Will resume in September)**

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(8/28):**

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!

## **MUSCLE RELEASE - RECOVERY**

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

## **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 8/4, 12, 18, 25)**

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!

## **CLASS QUESTIONS:**

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