GROUP X SCHEDULE: NOVEMBER 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 - 11:15a	IMMOVABLE		IMMOVABLE		HIIT & TRX		LOW INTENSITY
10:15 - 11:15a				KICKBOXING			POP-UP CLASS
12:00 - 12:45p	STEP		TRX 11/18				RM CLOSED
1:30 - 2:30p		YOUNG @ HEART		YOUNG @ HEART			STRETCH & STRENGTH
4:00 - 4:30p		PEDAL & PRAISE					WEIGHT ROOM
4:45 - 5:30p	PILOXING		ZUMBA				THANKSGIVING WEEK HOURS
4:45 - 5:45p		PILATES		PILATES			MON 11/23 – WED 11/25 NO CHILDCARE OR CLASSES
6:00 - 7:00p	BOOTCAMP			BOOTCAMP			WED 11/25 7 PM CLOSE
7:00 - 8:00p	IRON GRIND			COACH CONNECTION			THU 11/26 – FRI 11/27 CLOSED

CLASS DESCRIPTIONS:

ACTIVE ALIGNMENT:
This class takes Perfect Alignment up a notch or two by adding cardio & a lot of strength, while keeping 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 strength-building class teaches the basics and more advanced movements. We can modify it to match what you need and help you achieve maximum success. Build endurance and push past your 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 as you race against the clock. Get ready for a mix of plyometric, isometric, and resistance exercises & much more in this HIGH-INTENSITY class! You'll also use the TRX to leverage gravity & body weight for exercises.

IMMOVABLE:
Challenge yourself to build strength, stability, resilience, and discipline through dynamic movement, proper form, and muscle-building technique. Get stronger inside and out—and become truly immovable.

IRON GRIND:
A full-body strength training class in the weight room designed to build maximum power and endurance. This class focuses on proper form & progressive overload, perfect for those ready to get stronger, lift heavier, and level up their fitness!

THANKSGIVING WEEK HOURS:
MON 11/23 – WED 11/25: No childcare or classes
WED 11/25: 7 PM Closing
THU 11/26 – FRI 11/27: Closed

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!

PEDAL & PRAISE
An uplifting spin class for all fitness levels with energizing music, motivating encouragement, and ride-at-your-own-pace intervals.

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.

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-UPS

TRX: 11/18 | 12-12:45p
Build strength, improve balance, and challenge your core with this fun, full-body TRX workout. All fitness levels are welcome!

CLASS QUESTIONS:
Connect with our team at: Fitness@HoustonsFirst.Org I 713-957-6710.

FITNESS @ HOUSTON'S FIRST