

# GROUP X SCHEDULE: JULY 28 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
Sess 1: 9-10a Sess 2: 10-11:15a	SUMMER KIDFIT ON THE TRACK		SUMMER KIDFIT ON THE TRACK		SUMMER KIDFIT ON THE TRACK		KID'S FITNESS COMPLETED K-5th
10:15 - 11:15a	IMMOVABLE		IMMOVABLE	TREKKING: 7/9	HIIT & TRX		LOW INTENSITY
10:15 - 11:15a				KICKBOXING			POP-UP CLASS
12:00 - 12:45p	STEP		COACH CONNECTION				RM CLOSED
12:00 - 12:45p		TREKKING: 7/28					STRETCH & STRENGTH
1:30 - 2:30p		YOUNG @ HEART		YOUNG @ HEART			WEIGHT ROOM
4:00 - 4:30p		PEDAL & PRAISE					
4:45 - 5:30p	PILOXING		ZUMBA				
4:45 - 5:45p		PILATES		PILATES			a
5:30 - 6:45p	COACH CONNECTION						
6:00 - 7:00p	BOOTCAMP		IMMOVABLE				
7:00 - 8:00p	IRON GRIND						

# CLASS DESCRIPTIONS:

## ACTIVE ALIGNMENT:

This class takes Perfect Alignment up a notch or two by adding a bit of cardio & a lot of strength, while maintaining 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 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.

## 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 working against the clock. Be ready to try out the combination of plyometric, isometric, and resistance exercises & much more in this HIGH-INTENSITY class! Additionally, using the TRX to leverage gravity & body weight to perform 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 who are ready to get stronger, lift heavier, and level up their fitness!

## 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!

## KIDFIT - REGISTRATION REQUIRED: 6/27 - 7/31

A summer fitness program for just kids; ages completed k-5th grade! Led by our expert fitness coaches, children will engage in fun, interactive games and activities on our fitness track to stay active, build strength, and make new friends!

- Email [Fitness@HoustonsFirst.Org](mailto:Fitness@HoustonsFirst.Org) for REGISTRATION DETAILS.
- SESSION ONE: 9:00 - 10:00a
- SESSION TWO: 10:15 - 11:15a

## 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!

## TREKKING - REGISTRATION REQUIRED: 7/9 & 7/28 ONLY

Hit the trail without leaving the gym! Trekking is a cardio-focused interval pop-up class that combines walking, hill climbs, and running for a fun and challenging workout in our weight room on the treadmills. Designed for all fitness levels, this small-group class is limited to just 6 participants, allowing for personalized coaching and encouragement along the way.

## 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!

## CLASS QUESTIONS:

Connect with our team at: [Fitness@HoustonsFirst.Org](mailto:Fitness@HoustonsFirst.Org) | 713-957-6710.