

Monday

<i>Time</i>	<i>Class</i>	<i>Instructor</i>	<i>Studio</i>
6:00-7:00AM	Master Swim	Jackie	Pool
6:30-7:30AM	Strength Conditioning	Kim	103
8:30-9:30AM	Zumba Fitness	Hannah	102
8:30-9:30AM	Stretch Basics	Kay Kay	103
9:30-10:30AM	The Strike Zone	Julie	103
12:00-1:00PM	Cycle	Tisha	103
5:00-6:00PM	Hatha Yoga	Damira	102
5:30-6:30PM	Gut Busters (for Men)	Marlene	103
6:35-7:35PM	Barbell Strength	Jamie	103

Tuesday

6:00-7:00AM	Fitness Pilates	Regina	103
6:00-7:15AM	Cycle	Kim	103
8:15-9:15AM	Aqua Aerobics	Hannah	Pool
8:30-9:30AM	Barbell Strength	Karen	103
9:30-10:30AM	Mat Pilates	Jamie	102
9:30-10:45AM	Cycle/Abs	Julie	103
12:00-1:00PM	Yoga Basics	Aline	103
6:00-7:00PM	C.S.I.	Kim	103

Wednesday

6:00-7:00AM	Master Swim	Jackie	Pool
6:30-7:30AM	Strength Conditioning	Kim	103
8:15-9:15AM	Aqua Fitness	Kim	Pool
8:30-9:30AM	F.I.T.	Sally	103
8:30-9:30AM	Senior Fitness 101	Mitzi	102
9:30-10:30AM	Vinyasa Yoga I	Aline	102
9:30-10:30AM	Cardio to the MAX!	Sally	103
12:00-1:00PM	Cycle	Sally	103
5:00-6:00PM	Hatha Yoga	Damira	102
6:35-7:35PM	Barbell Strength	Jamie	103

Thursday

6:00-7:00AM	Fitness Pilates	Regina	103
6:00-7:15AM	Cycle	Kim	103
8:15-9:15AM	Aqua Pump	Paul	Pool
8:30-9:30AM	FATBURNER BLAST!	Julie	103
8:30-9:30AM	Cycle	Jamie	102
9:45-10:45AM	Mat Pilates	Damira	102
9:40-10:30AM	Strictly Strength	Jamie	103
12:00-1:00PM	Barbell Strength	Jamie	103
5:30-6:30PM	Gut Busters (for Men)	Regina	103

Friday

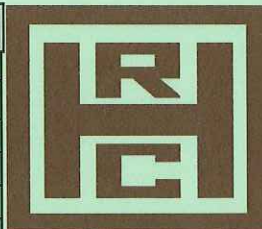
6:00-7:00AM	Master Swim	Jackie	Pool
8:15-9:15AM	Aqua Fitness	Kim	Pool
8:30-9:30AM	Zumba Fitness	Rabby	102
8:30-9:30AM	Barbell Strength	Jamie	103
9:40-10:40AM	Total Conditioning	Ashlie	103
9:45-11:00AM	Vinyasa Yoga	Aline	102

Saturday

8:00-9:00AM	Barbell Strength	Rotation	103
9:15-10:15AM	Cycle	Rotation	103
10:30-11:30AM	Mat Pilates	Jamie	102

Sunday

12:00-12:50PM	Pedal to the Metal	Julie/Tisha	103
12:50-1:30PM	Upper Body Express	Julie/Tisha	103



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Group Fitness February

First 8 classes per month are \$5. Each additional class is complimentary. Schedule and Instructors are subject to change.

CARDIO ♥

Cardio to the MAX!!!	If you want to burn calories to the MAX you will love this full hour of cardio with Sally! Work-out using the Bosu Balance trainer and small hand weights to get that heart pumping!!!
C.S.I.-Cycle, Strength Intervals	This class will max out your workout. You will be doing strength training intervals along with cardio drills that will take you on and off the bike.
Cycle	Indoor cycling at its best! State of the art stationary cycles, a motivating group environment and great music, experienced coaching by a qualified instructor. Simulate the outdoor of riding hills, rolling terrain, fast, flat roads, and more! Novice to advanced riders!
Gut Busters (For Men)	CALLING ALL MEN!!! Come for a gut busting cardio and an interval work out...from heart rate training to Pilates and Core! Get Rid of the Fat!
Total Conditioning	This 75 minute, intense full body workout, includes working all of the body's muscle groups as well as cardiovascular. By using your heart-rate monitor you will burn 500-700 calories using fat as a fuel source. The trained instructor will coach you through.
The Strike Zone	Challenge yourself with this full-body interval workout that incorporates traditional kickboxing combinations done with optimal weighted gloves, controlled weight bearing movements with a light body bar and athletic drills. This is not your typical kickboxing class!
Pedal to the Metal	Cycle with an ATTITUDE!! Spin to rock music classic & new and get the cardio challenge of the week! HANGOVERS WELCOME!!!
Cycle/ Abs	Cycle to the BEAT! Pedal calories away connecting to the rhythm of your ride. An arsenal of abdominal express moves & 30 minutes of maximum upper-body workout!
Zumba Fitness	Come prepared to move "Zumba style". This class is constant cardio with some latin flavor. This class is for everyone, all levels can enjoy this class and you don't need a dance background.

STRENGTH

Barbell Strength	Is the original barbell class that strengthens your entire body. This 60 minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast!
F.I.T.- Functional Integrated Training	Challenge yourself beyond traditional strength training with advanced, total body training. Sally will challenge your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercise.
Strictly Strength	This free-weight training class is anything but easy. The instructor will motivate you into toning every major muscle group in your body. You'll leave feeling strong & CUT!!!
Upper Body Express	Strength training only the upper body groups with the Body Pump equipment.

SENIOR & AQUATICS

Aqua Fitness/Aerobics	Combines high energy exercises in the water while improving strength, cardio and muscle conditioning. These workouts are low impact on your joints and ligaments while getting a maximum calorie burn.
Master Swim	Varied swim workouts year round, for those trying to pick up swimming or looking to improve their swim skills. All adults and all levels welcome.
Senior Fitness 101	Men/Women from 65+ and Prenatal participants must come and try this fun cardio movement class with some muscle work and flexibility. You'll leave feeling GREAT!

YOGA & PILATES

Hatha Yoga	Increase mind-body awareness, increase flexibility and muscle strength and endurance while you improve athletic ability and everyday activities.
Pilates & Props	Mat pilates with added challenge and resistance using various props such as the band, stability ball, medicine ball, and fitness ring. An intermediate to advanced workout to strengthen your body from the inside out!
Core & More	This 45 minute Pilates class will allow you to engage your abdominal muscles and get you in tune with your core strength. You will also use the fitness circles and weighted balls to assist you during the class.
Vinyasa Yoga I	Take it slow with this gentle, but deep approach to Vinyasa flow yoga. This practice links poses to breath in order to reveal body awareness, inner strength and easeful openness.
Yoga Basics	Learn the basics of yoga. The instructor will teach the proper yoga methods of breathing, stretching and posture; as well as several basic yoga poses.

Questions regarding this schedule please contact: **Julie Veiseh, Group Exercise Director**
(713)464-4811 ext.141 or jveiseh@houstonracquetclub.com

Hours of Operation
Mon.-Fri. 5:30am-9pm
Sat.-Sun. 7:30am-8pm

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