

Group Exercise Schedule

June 2026 - July 2026

GYM/STUDIO 1/STUDIO 2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:30 am	PumpRx Gym - Beth	Cycle 45 Studio 2 - Lauryn	PumpRx Gym - Beth	Cycle 45 Studio 2 - Deanna		8:00 - 8:45 am Cycle 45 Studio 2 - Various	
8:00 - 8:45 am	Cardio Stretch Studio 1 - Lauren	TBI - Lite Gym - Dana	Cardio Stretch Studio 1 - Lauren	TBI - Lite Gym - Beth	Circuit Training Gym - Michael 8:00am - 8:55am	8:15 - 9:00 am Total Body Int. Gym - Dana	
9:00-9:45 am	(Private Class) Pilates Reformer Studio 2 - Lauren *Starting 6/22		(Private Class) Pilates Reformer Studio 2 - Lauren *Starting 6/24	Balance & Core Studio 1-Kim 9:15am-9:45am	(Private Class) Pilates Reformer Studio 2 - Lauren *Starting 6/26		
9:05 - 10:00 am	Total Body Int. Gym - Brandy	PumpRx Gym - Dana	Total Body Int Gym - Brandy	PumpCycle Gym/Studio 2 - Beth 9:00 am - 10:15 am	Full Body Weight Workout Gym-Judy 9:30am - 10:30am	9:00 - 9:40 am WERQ Studio 1 - Laura	
9:05-9:35 am	Gentle Yoga Studio 1 - Melissa	Cardio Drumming Studio 2 - Beth	Chair Yoga Studio 1 - Melissa		Vinyasa Yoga Studio 1 - Kim	9:00 - 9:45 am YogaRx Judy - Pool Overlook	
10:15 - 11:10 am	Chair Yoga Studio 1 - Melissa				Treadmill Intervals Fitness Floor -Brandy TICKET		
11:15 - 12:00 pm	Pickleball Gym 10:15am - 12:15pm		Pickleball Gym 10:15am - 12:15pm		Balance & Stability Studio 1 - Kim 10:15-10:45 am		
1:00 - 2:30 pm	Yogalates Studio 1 - Georgina				Pickleball Gym 10:45am - 2:00pm	9:45 - 10:25 am PumpRx Gym - Laura	
3:00 - 4:00 pm	Kids Camp Gym	Kids Camp Gym	Kids Camp Gym	Kids Camp Gym		9:45 - 10:40 am Yogalates Studio 1 - Georgina	
4:00 - 5:00 pm			Gentle Yoga Studio 1-Melissa 4:00pm - 4:45pm				
4:30 - 5:15 pm	PumpRxxpress Gym - Beth	Total Body Int. Gym - Brandy	PumpRxxpress Gym - Dana	Cardio Drumming Studio 1 - Beth	Cardio Motion Gym- Stacey		
5:30 - 6:15 pm	(Private Class) Pilates Reformer 4:30pm - 5:15pm Studio 2 - Abby *Starting 6/23	Yogalates Studio 1 - Georgina	Cycle 45 Studio 2 - Dana	Yogalates Studio 1 - Georgina	Total Body Int. Gym- Stacey		
6:30-7:00 pm	Sculpt & Burn Gym - Abby	Yogalates Studio 1 - Georgina	Cycle 45 Studio 2 - Dana	Yogalates Studio 1 - Georgina			
7:00-8:00 pm	Boxing Studio 1 - Mary Beth 5:15pm - 6:00pm **Starting 7/6	Cycle 45 Studio 2 - Cindy	WERQ Studio 1 -Laura 5:30pm-6:25pm	Total Body Int. Gym- Stacey			
		ZUMBA 5:30pm-6:20pm Gym - Shelly	PumpRx Gym - Beth 5:30pm-6:25pm	(Private Class) Pilates Reformer 5:30pm - 6:15pm Studio 2 - Abby *Starting 6/25			
		Restorative Stretches Studio 1 - Georgina		Restorative Stretches Studio 1 - Georgina			
			Pickleball Clinic Gym 7:00pm - 8:00pm	ZUMBA 7:00pm-7:50pm Gym - Shelly			

Max Class Capacity:
Gym = 90 | Studio 1 = 20 |
Studio 2 = 18

TICKET
Indicates a class is new or has been adjusted
Indicates a Class Ticket is required to attend this class - Request a ticket at the Front Desk
Private Class
Indicates the class is an additional cost and NOT included with membership

POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 - 9:00 am			Total Body Int. Cindy 8:00am - 8:45am		Total Body Int. Brandy	8:15 - 9:00AM Total Body Int. Cindy/Stacey	
9:15 - 10:00 am		Total Body Int. 9am - 9:50am Abby		Total Body Int. 9am - 9:50am Abby	Water Exercise Lori	9:15 - 10:00 am water motion Cindy/Stacey	
10:15 - 11:00 am	Healing Waters Georgina	Water & Weights Dana 10:00am - 10:45am	Healing Waters Mary Beth 10:05am - 10:50am		Functional Fitness Lori 10:15am - 11:00am	10:45 - 11:30 am Healing Waters Georgina	
12:00 - 12:45 pm		Healing Waters Abby		Healing Waters Abby			
3:30 - 4:30 pm	Kids Camp Rec Pool	Kids Camp Rec Pool	Kids Camp Rec Pool	Kids Camp Rec Pool			
5:30 - 6:15 pm		Healing Waters 5:35-6:20pm Annette	ZUMBA 4:30pm-5:15pm - Shelly (Time Change Starting 7/1/2026)	Healing Waters 5:35-6:20pm Annette			
6:30 - 7:20 pm		ZUMBA 6:35- 7:25pm Annette	Total Body Int. 6pm - 6:45pm Stacey	ZUMBA 6:35-7:25pm Annette			

Max Aqua Class Capacity:
Rec Pool = 20
Overflow Class Capacity:
Lap Pool = 5

Blue Box indicates classes will take place in the Therapy Pool

Class Descriptions

Cardiovascular Endurance

Aqua Zumba® - Known as the Zumba "pool party," Aqua Zumba® gives new meaning to the idea of an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating beyond belief. **Intensity: Low to Moderate**

Cycle45/Pump Cycle - The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials and interval training. Discover your athlete within - sweat and burn to reach your endorphin high. **Intensity: Moderate to High**

Water in Motion® - High-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones the entire body. Water noodles and hand buoys may be incorporated into this great workout. **Intensity: Low, Moderate, or High**

WERQ® - Are you ready to WERQ®? Join us for this heart-pumping, cardio-based, fusion dance class. This class incorporates athletic movements that get your body sweating, all while WERQing your body to fun hip-hop and pop music. **Intensity: Moderate to High**

Zumba® Fitness - There's no other fitness class like a Zumba® Fitness Party. Featuring exotic rhythms set to high-energy Latin and international beats, Zumba® is the perfect way to shape up and let out your inner star - even if you're dance challenged. Each Zumba® class is vibrant, unique, and varied. **Intensity: Moderate**

Cardio Motion - Great cardio workout, with no jumping! This high energy, low impact class alternates walking/moving and uses light to medium weights for toning. **Intensity: Low to Moderate**

Cardio Stretch - This high-energy, full-body workout combines dynamic stretching with continuous movement to engage muscles, elevate the heart rate, and improve cardiovascular fitness. This bodyweight class focuses on lengthening and toning muscles while enhancing flexibility, mobility, stability and endurance.

Intensity: Low, Moderate, or High

Treadmill Intervals- The treadmill offers a multitude of benefits, including increased calorie burn, improved cardiovascular fitness, time efficiency, enhanced fat burning, increased endurance and stamina, muscle toning and strength building. During this quick 30-35 minute class you can expect to challenge yourself on intervals of speed and incline changes. This class is designed for beginner athletes to the more seasoned athletes.

Intensity: Moderate

Mind/Body

Chair Yoga - Explore the mind and body through a gentle yoga flow all while sitting on a chair. Chair Yoga allows you to develop a yoga practice without having to work on the floor. This chair practice is very grounding and a great way for you to practice and develop meditation skills. **Intensity: Low**

Gentle Yoga - Focusing on releasing tension, connecting with the breath, and helping you gain strength and flexibility, Gentle Yoga is appropriate for those who want a softer, slow-paced, well-supported, and relaxing practice. Controlled breathing, concentration, and a carefully structured series of stretches and poses to create a holistic workout that brings the body into a state of harmony and balance. **Intensity: Low**

Healing Waters - Experience deep inner warmth...pain relief...relaxation...stress relief...improved range-of-motion...gentle movement. Especially beneficial for those with any type of physical limitation and those recovering from joint replacement surgery. **Intensity: Just right!**

Yogalates- Unique Pilates based deep core muscle strengthening and toning, connected with flow Yoga stretches. Very effective for improving muscle tone, developing slimmer, stronger physique. **Intensity: Moderate**

Mat Pilates - This low-impact workout focuses on core stability, posture, flexibility, and controlled movement. Using precise exercises performed on a mat, Mat Pilates helps improve balance, coordination, muscular endurance, and overall body awareness. Bring a yoga mat and prepare to build strength from the inside out.

Intensity: Low to Moderate

YogaRx - YogaRx builds flexibility and strength leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. **Intensity: Low, Moderate, or High**

Restorative Stretches-Slow-paced dynamic movements with the goal of improving mobility and flexibility. Overall muscle/joint conditioning and strengthening with gentle stretch/release method. **Intensity: Moderate**

Vinyasa Yoga/Stretch & Hold-This class is a hybrid of two yoga types: Yin (long holds) with Yang (active flow). Helps build strength and warmth while relieving stress and tension. **Intensity: Low-Moderate**

Balance & Core / Balance & Stability - Improve strength, posture, and body control with this low-impact class focused on core conditioning and balance training. Using a variety of functional movements and/or equipment, participants will strengthen abdominal and back muscles while enhancing coordination, flexibility, and overall stability. Suitable for all fitness levels. **Intensity: Low to Moderate**

Cardio Drumming-This music, rhythm & movement class works as a powerful stress reduction, enhancing mood, mental balance and physical fitness. No music or drumming experience required. Adaptable for all levels of fitness. **Intensity: Low, Moderate, or High**

Water Exercise- Utilizing the properties of the water to improve cardiovascular endurance, muscle strength and endurance, coordination and core work to improve balance and posture. Will include a warm-up, cardio and toning segment and cool-down. No swimming skills required. **Intensity: Low, Moderate, or High**

Muscular Strength and Endurance

PumpCycle - This combination class is a well-rounded workout! First, pump it out with the barbell for some muscular endurance training, then get a great cardio workout while cycling to fabulous music! PumpCycle brings multiple areas of fitness into one class. **Intensity: Moderate to High**

PumpRx and PumpRxxpress - The PumpRx class will sculpt, tone, strengthen, and transform your entire body without adding bulk. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength, and quickly produce lean body muscle conditioning. PumpRx challenges all of your major muscle groups while you squat, press, lift, and curl. **Intensity: Moderate to High**

Total Body Intervals - Lite - This low-impact, whole body group fitness workout uses tubes, dumbbells, and body weight to boost fitness and core strength. Functional strength is the main focus, working different sets of muscles to improve posture, leg strength, and balance **Intensity: Low to Moderate**

Total Body Intervals - Total Body Intervals will push you to be your best. Brief bursts of high-intensity work followed by short recovery periods boost metabolism and burn more calories.

Land: Total Body Intervals will teach you how to burn calories, add strength, improve balance, and gain flexibility.

Aqua: buoyancy allows you to move with ease which allows you to work at a higher intensity with less impact on the body. **Intensity: Completely up to you! Low, Moderate, or High**

Full Body Weight Workout - Challenge your entire body with this strength-focused workout using body weight exercises and weighted movements to build muscular endurance, increase strength, and improve overall fitness. Participants will move through a variety of functional exercises designed to target major muscle groups while boosting cardiovascular endurance and core stability. Modifications are provided to allow all fitness levels to work at their own pace while still getting an effective total-body workout. **Intensity: Moderate to High**

Aqua Functional Fitness - This aquatic workout is designed to build strength, balance, coordination, and flexibility. Using water's natural resistance and buoyancy, you'll improve joint protection and perform functional movements that support daily activities. Exercises also challenge both physical and mental agility for a well-rounded, low-impact workout. **Intensity: Low to Moderate**

Circuit Training- A combination of strength, cardio, and functional movement is used with a variety of weighted exercises. Members will move through timed stations featuring dumbbells, kettlebells, and bodyweight movements designed to build muscle, improve endurance, and increase overall fitness. The fast-paced format keeps workouts engaged while allowing all fitness levels to challenge themselves and progress. **Intensity- Moderate to High**

Sculpt + Burn- This is a high-energy fusion class designed to build lean muscle and endurance through a combination of light weight and high-repetition movements focusing on full-body toning to deliver a deep muscular "burn" that sharpens definition and boost cardiovascular stamina. Participants should bring a yoga mat and plan to move either barefoot or in grippy socks to ensure maximum stability and a strong foot-to-floor connection throughout the workout. **Intensity: Moderate to High**

Children age 13 to 17 may attend Group Exercise classes under the following conditions:

1. Class start time is within UH Fitness Center Minor Dependent Hours. (Ex., 8:00am OK; 4:30pm, not OK; Sat. 8:30am, not OK; Sat. 9:30am, OK)
2. Parent/guardian must be participating in the class with children ages 13 to 15.