

# Group Exercise Schedule

OCTOBER-NOVEMBER 2025

## GYM/STUDIO 1/STUDIO 2

| TIME             | MONDAY                                        | TUESDAY                                            | WEDNESDAY                                                           | THURSDAY                                                      | FRIDAY                                                      | SATURDAY                                                    |
|------------------|-----------------------------------------------|----------------------------------------------------|---------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|
| 5:45 - 6:30 am   | <b>PumpRx</b><br>Gym - Beth                   | <b>Cycle 45</b><br>Studio 2 - Lauryn               | <b>PumpRx</b><br>Gym - Beth                                         | <b>Cycle 45</b><br>Studio 2 - Deanna                          |                                                             | 8:00 - 8:45 am<br><b>Cycle 45</b><br>Studio 2 - Various     |
| 8:00 - 8:45 am   | <b>Kickboxing</b><br>Studio 1 - Hannah        | <b>TBI - Lite</b><br>Gym - Dana                    | <b>Kickboxing</b><br>Studio 1 - Hannah                              | <b>TBI - Lite</b><br>Gym - Beth                               |                                                             | 8:15 - 9:00 am<br><b>Total Body Int.</b><br>Gym - Dana      |
| 8:00-8:50am      |                                               |                                                    |                                                                     | <b>Morning Stretch &amp; Hold</b><br>Studio 1-Kim             |                                                             |                                                             |
| 9:00-9:30am      |                                               |                                                    |                                                                     | <b>Balance &amp; Core</b><br>Studio 1-Kim                     |                                                             |                                                             |
| 9:05 - 10:00 am  | <b>Total Body Int.</b><br>Gym - Brandy        | <b>PumpRx</b><br>Gym - Dana                        | <b>Total Body Int</b><br>Gym - Brandy                               | <b>PumpCycle</b><br>Gym/Studio 2 - Beth<br>9:00 am - 10:15 am | <b>Full Body Weight Workout</b><br>Gym-Judy<br>9:30-10:30am | 9:00 - 9:40 am<br><b>WERQ</b><br>Studio 1 - Laura           |
| 9:05 - 10:00 am  | <b>Gentle Yoga</b><br>Studio 1 - Brenda       | <b>Cardio Drumming</b><br>Studio 1- Beth           | <b>Chair Yoga</b><br>Studio 1 - Melissa                             |                                                               | <b>Vinyasa Yoga</b><br>Studio 1 - Kim                       | 9:00 - 9:45 am<br><b>YogaRx</b><br>Conference Room A - Judy |
| 9:05-9:35am      |                                               |                                                    |                                                                     | <b>Private Class</b><br>Studio 1 10-11am                      | <b>Treadmill Intervals</b><br>Fitness Floor -Brandy         |                                                             |
| 10:15 - 11:10 am | <b>Chair Yoga</b><br>Studio 1 - Melissa       |                                                    |                                                                     |                                                               | <b>Chair Yoga</b><br>Studio 1-Melissa<br>10:15-10:45 am     |                                                             |
| 11:15 - 12:00pm  | <b>Yogalates</b><br>Studio 1 - Georgina       |                                                    |                                                                     |                                                               |                                                             | 9:45 - 10:25 am<br><b>PumpRx</b><br>Gym - Laura             |
| 4:00-4:55pm      |                                               |                                                    | <b>Gentle Yoga</b><br>Studio 1-Melissa<br>4:00-4:45pm BEGINS SEPT 3 |                                                               |                                                             |                                                             |
| 4:30 - 5:15 pm   | <b>PumpRxxpress</b><br>Gym - Beth             | <b>Total Body Int.</b><br>Gym - Brandy             | <b>PumpRxxpress</b><br>Gym-Dana                                     | <b>Cardio Drumming</b><br>Studio 1- Beth                      |                                                             | 9:45 - 10:40 am<br><b>Yogalates</b><br>Studio 1 - Georgina  |
| 4:30 - 5:15 pm   |                                               |                                                    |                                                                     | <b>Cardio Motion</b><br>Gym- Stacey                           |                                                             |                                                             |
| 5:30 - 6:15 pm   |                                               | <b>Yogalates</b><br>Studio 1 - Georgina            | <b>Private Class</b><br>Studio 1 5-6pm                              |                                                               |                                                             |                                                             |
| 5:30-6:15pm      | <b>Private Class</b><br>Studio 1 5:15-5:45pm  | <b>Cycle 45</b><br>Studio 2 - Deanna               | <b>Cycle 45</b><br>Studio 2 - Dana                                  | <b>Yogalates</b><br>Studio 1-Georgina                         |                                                             |                                                             |
| 5:30 - 6:25 pm   | <b>PumpRx</b><br>Gym - Laura                  |                                                    | <b>PumpRx</b><br>Gym - Beth                                         | <b>Cardio Motion</b><br>Gym- Stacey<br>5:30-6:15pm            |                                                             |                                                             |
| 6:00-6:55pm      | <b>Vinyasa Yoga</b><br>Studio 1- Brenda 6-7pm |                                                    | <b>WERQ</b><br>Studio 1 -Laura<br>6:05-6:55pm                       |                                                               |                                                             |                                                             |
| 6:30-7:00pm      |                                               | <b>Restorative Stretches</b><br>Studio 1 -Georgina |                                                                     | <b>Restorative Stretches</b><br>Studio 1 -Georgina            |                                                             |                                                             |
| 6:30 - 7:30 pm   |                                               |                                                    |                                                                     |                                                               |                                                             |                                                             |
| 6:35 - 7:30 pm   |                                               |                                                    |                                                                     |                                                               |                                                             |                                                             |
| 7:00-8:00pm      |                                               |                                                    |                                                                     |                                                               |                                                             |                                                             |

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



Indicates a Class Ticket is required to attend this class - Request a ticket at the Front Desk

## POOL

| TIME             | MONDAY                            | TUESDAY                                         | WEDNESDAY                                     | THURSDAY                                        | FRIDAY                           | SATURDAY                                                      |
|------------------|-----------------------------------|-------------------------------------------------|-----------------------------------------------|-------------------------------------------------|----------------------------------|---------------------------------------------------------------|
| 7:30-8:00 am     | <b>Aqua Express</b> Karrie        |                                                 | <b>Aqua Express</b> Karrie                    |                                                 |                                  |                                                               |
| 8:15 - 9:00 am   | <b>Total Body Int.</b><br>Karrie  | <b>Total Body Int.</b><br>Hannah                | <b>water@motion</b><br>Karrie                 | <b>Total Body Int.</b><br>Hannah                | <b>Total Body Int.</b><br>Brandy | 8:15- 9:00AM<br><b>Total Body Int.</b><br>Cindy/Hannah/Stacey |
| 9:15 - 10:00 am  | <b>water@motion</b><br>Karrie     | <b>ZUMBA</b><br>Hannah                          | <b>Total Body Int.</b><br>Karrie              | <b>ZUMBA</b><br>Hannah                          | <b>Water Exercise</b><br>Lori    | 9:15 - 10:00 am<br><b>water@motion</b><br>Cindy/Hannah/Stacey |
| 10:05 -10:50 am  | <b>Healing Waters</b><br>Lori     |                                                 | <b>Healing Waters</b><br>Karrie               |                                                 |                                  | 10:45- 11:30 am<br><b>Healing Waters</b><br>Georgina          |
| 10:15 - 11:00 am | <b>Healing Waters</b><br>Georgina |                                                 | <b>Healing Waters</b> Lori                    |                                                 | <b>Healing Waters</b><br>Lori    |                                                               |
| 12:00 - 12:45 pm |                                   | <b>Healing Waters</b><br>Hannah                 |                                               | <b>Healing Waters</b><br>Hannah                 |                                  |                                                               |
| 5:30 - 6:15 pm   |                                   | <b>Healing Waters</b><br>5:35-6:20pm<br>Annette |                                               | <b>Healing Waters</b><br>5:35-6:20pm<br>Annette |                                  |                                                               |
| 6:30 - 7:20 pm   |                                   | <b>ZUMBA</b><br>6:35- 7:25pm<br>Annette         | <b>Total Body Int.</b><br>6pm - 6:45pm Stacey | <b>ZUMBA</b><br>6:35-7:25pm<br>Annette          |                                  |                                                               |

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

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**

**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**

**Step with Intervals** - Push your cardio edge into high gear and attack the legs in every plane of motion, both on the step and on the floor. STEP w/ INTERVALS strengthens the heart, increases bone mineral density, improves coordination, and tones the lower body, with every step you take. **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**

**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 internals of speed and incline changes. This class is designed for beginner athletes to the more seasoned athlete. Join us for a quick fun class to round out your fitness routine. **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!**

**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**

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

**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**

**Yin-Yasa Yoga-**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**

**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.**

**Water Aerobics-**A workout for any fitness level. 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.**

### 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**

**Kickboxing** – Join Kickboxing to learn basic punches, kicks, and other defensive movements while working rhythmically with the music. You will learn short combinations based on the movements you have practiced throughout the class. As always, you can take this class at the intensity that works for your body. Time to KICK your body into shape! **Intensity: Low, Moderate, or High**

**PumpRx and PumpRexpress** - One of the fastest ways to get in shape! The PumpRx barbell 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 (Formerly known as BalanceRx)** – 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. There are inspirational instructors and music to motivate you. The result of consistent attendance – you'll be fizzing with energy, so you can really take on life! **Intensity: Low to Moderate**

**Total Body Intervals** (land and aqua) - One of the best ways to burn calories and increase energy! 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. Show up and GET AFTER IT. **Intensity: Completely up to you! Low, Moderate, or 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.**