



Download

HOT! **MUSIC**

CLASS DESCRIPTIONS

- U-60** **U-90** **U-60, U-90**

60- & 90-minute beginners series. 26 & 2 Hot Yoga.
- BASIC** **U-BASIC YOGA**

Introduction to yoga. Simple postures. Warm room.
- POWR** **POWER YOGA**

Flow yoga. Breath and movement. Mind, body, spirit.
- U-75** **U-75 YOGA**

Yoga essentials. Accessible to everyone.
- IHP** **INFERNO HOT PILATES**

High-intensity interval training. HIIT. FUN!
- IHP-45** **INFERNO HOT PILATES - 45 mins**

High-intensity interval training. HIIT. Express. FUN!
- IHP+** **INFERNO HOT PILATES PLUS**

HIIT. Resistance Bands. Dumbbells. All levels.
- MAT** **MAT PILATES**

Low impact. Breath-based controlled movements.
- RSET** **YOGA RESET**

Calm vibes. Open tight joints. Soothing Playlist.

- PS** **POWER SCULPT**

Flow yoga with dumbbells. Killer arms!
- YG** **YOGA GROOVE**

U-90 limited cueing set to great music.
- X-FIT** **CROSSFIT, X-FIT**

Constantly Varied Functional Movements at High Intensity.
- STR** **STRENGTH**

Beginner level strength training. Build bone density.
- BCP** **BOOTCAMP - 45 mins**

Functional Fitness. Simple movements. Basic strength.
- GYM** **GYMNASTICS**

Body weight. High-skills movement and motions.
- ENDU** **ENDURANCE**

Endurance training. Cardio. Hills. Tempo runs. Drills.
- TRXpress** **TRX SUSPENSION TRAINING - 45 mins**

Strength-Core-Balance. Suspension system. Blast your cardio.
- TRX** **TRX SUSPENSION TRAINING - 60 mins**

Strength-Core-Balance. Suspension system. Blast your cardio.

SCHEDULE

ALAMO HEIGHTS

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|------|------|------|------|------|------|------|
| 6:00am | | U-75 | U-90 | | IHP | IHP | |
| 7:00am | | | | | | | U-60 |
| 8:30am | | IHP | U-60 | U-75 | U-60 | U-60 | |
| 9:00am | U-90 | | | | | | U-90 |
| 10:30am | | | | MAT | | MAT | |
| 11:45am | | | U-60 | | U-60 | | |
| 12:00pm | POWR | | | | | | |
| 3:00pm | U-60 | | | | | | U-60 |
| 5:00pm | | U-90 | IHP | U-90 | IHP | U-90 | |
| 5:30pm | RSET | | | | | | |
| 7:00pm | | POWR | U-90 | POWR | U-90 | | |

PARK OAKS

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|-------|------|------|------|------|------|------|
| 5:30am | | U-60 | | U-60 | | U-60 | |
| 7:00am | | | MAT | | MAT | | IHP |
| 8:30am | | | | | | | POWR |
| 9:00am | | IHP+ | | | | | |
| 9:30am | | U-90 | U-90 | U-90 | U-90 | U-75 | |
| 10:00am | BASIC | | | | | | U-60 |
| 12:00pm | | U-60 | IHP | IHP+ | U-60 | U-60 | U-90 |
| 4:00pm | | IHP+ | | | | | |
| 4:30pm | | U-60 | U-60 | U-60 | U-60 | U-60 | |
| 6:00pm | | U-60 | IHP | U-90 | YG | PS | IHP |
| 6:30pm | | | IHP+ | | | | |
| 6:45pm | | | | | MAT | | |
| 7:30pm | | | | | IHP | | |
| 8:00pm | | U-60 | U-60 | U-60 | | | |

HUEBNER

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|------|--------|------|------|------|------|-------|
| 5:00am | | IHP-45 | | | | | |
| 6:00am | | U-60 | U-60 | POWR | U-60 | POWR | |
| 7:00am | | | | | | | BASIC |
| 8:30am | U-90 | | | | | | U-75 |
| 9:00am | | U-60 | U-60 | U-60 | U-60 | U-90 | |
| 10:30am | IHP | | | | | | IHP |
| 11:30am | | | POWR | | POWR | PS | |
| 2:00pm | U-90 | MAT | | | | | U-90 |
| 4:00pm | | U-60 | U-60 | U-60 | U-60 | U-60 | |
| 5:45pm | | U-90 | U-75 | U-90 | U-75 | RSET | |
| 7:30pm | | U-60 | U-60 | IHP | U-60 | | |

ALAMO HEIGHTS

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|-----|-------|-------|-------|-------|----------|-----|
| 5:00am | | X-FIT | X-FIT | X-FIT | X-FIT | X-FIT | |
| 6:15am | | BCP | STR | BCP | STR | BCP | |
| 8:00am | | STR | | STR | | STR | TRX |
| 8:30am | BCP | | | | | | |
| 9:30am | | | | | | | TRX |
| 11:45pm | | BCP | | BCP | | TRXpress | |
| 4:30pm | | BCP | BCP | BCP | BCP | TRXpress | |
| 5:30pm | | X-FIT | X-FIT | X-FIT | X-FIT | | |
| 6:45pm | | BCP | BCP | BCP | | | |

PARK OAKS

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|-------|-------|-------|-------|-------|-------|-----|
| 5:15am | | X-FIT | X-FIT | X-FIT | X-FIT | X-FIT | |
| 7:00am | | X-FIT | X-FIT | X-FIT | X-FIT | X-FIT | |
| 8:30am | | | | | | | BCP |
| 11:30am | | X-FIT | X-FIT | X-FIT | X-FIT | X-FIT | |
| 2:00pm | X-FIT | | | | | | |
| 5:30pm | | X-FIT | X-FIT | X-FIT | X-FIT | X-FIT | |
| 7:00pm | | STR | X-FIT | STR | | | |

HUEBNER

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|--------|------|-------|-------|-------|-------|-------|-------|
| 5:30am | | X-FIT | X-FIT | X-FIT | X-FIT | X-FIT | |
| 8:00am | ENDU | | | | | | |
| 8:30am | | X-FIT | X-FIT | X-FIT | X-FIT | X-FIT | |
| 9:00am | | | | | | | X-FIT |
| 4:30pm | | X-FIT | X-FIT | X-FIT | X-FIT | X-FIT | |
| 6:00pm | | X-FIT | X-FIT | X-FIT | X-FIT | | |
| 7:00pm | | | GYM | | | | |

PRICING

- Intro \$25
- 1 Week Unlimited.
- Annual \$1,499**
- 1 Year Unlimited.
- Family Annual \$2,199**
- 1 Year Unlimited,
- 2 Family members.
- AutoPay \$129/mo**
- Unlimited package
- Recurring monthly.
- Family AutoPay**
- \$189/Mo. 2 members,
- additional members
- \$50 each.
- 10-Class Card \$149**
- 1-year expiration.
- Drop In \$25**
- 1 Class. Includes mat
- and towel.
- 1 Month \$179**
- Unlimited for 1 month.
- No contract.
- Add Open Gym**
- Starting at \$10/mo. for
- AutoPay packages.
- CrossFit Elements**
- \$160 4 Sessions
- Semi-private.