

SUN	MON	TUE	WED	THUR	FRI	SAT
	9:00 Silver Sneakers Circuit (WC) 1 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 2 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:00 Silver Sneakers Circuit (WC) 3 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi W/ Simone (WC) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 4 9:15 Meditation & Tea W/ Waverly (CT) ☼ 10:00 Mobility Matters (WC) 11:00 Balance Basics (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:30 Neuroboxing (NC) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet (WC) 5 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☼	
7	9:00 Silver Sneakers Circuit (WC) 8 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC)	8:30 Silver Sneakers Stability (WC) 9 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:00 Silver Sneakers Circuit (WC) 10 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi W/ Simone (WC) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 11 9:15 Meditation W/ Waverly (CT) ☼ 10:00 Mobility Matters (WC) 10:00 Pump it for Parkinson's Begins (CL) 🚫 11:00 Balance Basics (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:30 Neuroboxing (NC) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC) 5:00 Pump it for Parkinson's Ends (CL)	8:30 Elite Hands & Feet (WC) 12 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☼	9:00 Functional Fitness w/ Maria (WC1FL) 13 9:45 MOVE with Maria (WC)
14	9:00 Silver Sneakers Circuit (WC) 15 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 12:30 Wellness Center Orientation (WC1FL) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 16 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:00 Silver Sneakers Circuit w/Maria (WC) 17 10:00 Core And More w/ Maria (WC) 11:00 Silver Sneakers Classic w/ Maria (WC) 11:30 Tai Chi W/ Simone (WC) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 18 9:15 Meditation W/ Waverly (CT) ☼ 10:00 Mobility Matters (WC) 11:00 Balance Basics (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:30 Neuroboxing (NC) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet (WC) 19 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☼	9:00 Functional Fitness w/ Maria (WC1FL) 20 9:45 MOVE with Maria (WC)
21	9:00 Silver Sneakers Circuit (WC) 22 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 23 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:00 Silver Sneakers Circuit (WC) 24 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi W/ Simone (WC) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 25 9:15 Meditation W/ Waverly (CT) ☼ 10:00 Mobility Matters (WC) 11:00 Balance Basics (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:30 Neuroboxing (NC) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	8:30 Elite Hands & Feet (WC) 26 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☼	9:00 Functional Fitness w/ Maria (WC1FL) 27 9:45 MOVE with Maria (WC)
28	9:00 Silver Sneakers Circuit (WC) 29 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	8:30 Silver Sneakers Stability (WC) 30 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	KEY CT - Churchill Theatre CL - Classic Lobby NC - Newcastle WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor ☼ - Club 🚫 - Registration Required			

April 2024

Fitness

8580 Woodway, Houston, TX 77063 713.979.3090

