

SUN	MON	TUE	WED	THUR	FRI	SAT
					9:00 Sit & Get Fit with Maria (WC1FL) 11:00 Sit and Get Fit with Maria (WC)	9:00 Functional Fitness W/ Maria (WC) 9:45 MOVE with Maria (WC)
3	9:00 Silver Sneakers Circuit (WC) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 2:00 Floor Yoga (WC1FL)	8:30 Silver Sneakers Stability (WC) 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) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi W/ Simone (WC)	8:30 Silver Sneakers Stability (WC) 9:15 Meditation W/ Waverly (CT) ☸ 9:15 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Balance Basics (WC) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:00 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☸ 11:00 Sit and Get Fit (WC)	9:00 Functional Fitness W/ Maria (WC) 9:45 MOVE with Maria (WC)
10	9:00 Silver Sneakers Circuit (WC) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 2:00 Floor Yoga (WC1FL)	8:30 Silver Sneakers Stability (WC) 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) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi W/ Simone (WC)	8:30 Silver Sneakers Stability (WC) 9:15 Meditation W/ Waverly (CT) ☸ 9:15 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Balance Basics (WC) 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 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☸ 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☸	9:00 Functional Fitness W/ Maria (WC) 9:45 MOVE with Maria (WC)
17	9:00 Silver Sneakers Circuit (WC) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 12:30 Wellness Center Orientation (WC1FL) 2:00 Floor Yoga (WC1FL)	8:30 Silver Sneakers Stability w/ Maria (WC) 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility with Maria (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance With Maria (WC)	9:00 Silver Sneakers Circuit (WC) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi W/ Simone (WC)	8:30 Silver Sneakers Stability (WC) 9:15 Meditation W/ Waverly (CT) ☸ 9:15 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Balance Basics (WC) 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 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☸ 11:00 Sit and Get Fit (WC)	9:00 Functional Fitness W/ Maria (WC) 9:45 MOVE with Maria (WC)
Christmas Eve	Christmas Day	8:30 Silver Sneakers Stability (WC) 9:15 Yoga W/ Waverly (WC1FL) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:00 Silver Sneakers Circuit (WC) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC)	8:30 Silver Sneakers Stability (WC) 9:15 Meditation W/ Waverly (CT) ☸ 9:15 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Balance Basics (WC) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	9:00 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☸ 11:00 Sit and Get Fit (WC) 1:00 Wellness Clinic: Exercise As Medicine (NC)	9:00 Functional Fitness W/ Maria (WC) 9:45 MOVE with Maria (WC)
New Year's Eve	KEY CT - Churchill Theatre NC - Newcastle WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor ☸ - Club					

December 2023

Fitness
8580 Woodway, Houston, TX 77063 713.979.3090

