

SUN	MON	TUE	WED	THUR	FRI	SAT						
<div>KEY</div> <div>CT - Churchill Theatre</div> <div>M - Mezzanine</div> <div>NC - Newcastle</div> <div>WC - Wellness Center</div> <div>WC1FL - Wellness Center 1st Floor</div> <div>WC2FL - Wellness Center 2nd Floor</div> <div>🍷 - Club</div> <div>📌 - Registration Required</div>				<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Meditation & Tea W/ Waverly (CT) 🍷</div> <div>9:15 Neuro Boxing (WC)</div> <div>10:00 Mobility Matters (WC)</div> <div>11:00 Balance Basics (WC)</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	<div>8:30 Elite Hands & Feet (WC)</div> <div>9:15 Sit & Get Fit (WC1FL)</div> <div>10:00 Stix: Cardio Drumming (WC) 🍷</div> <div>11:00 Sit and Get Fit (WC)</div> <div>1:00 Country Crew Line Dancer Club (WC1FL) 🍷</div>	<div>9:00 Functional Fitness W/ Maria (WC)</div> <div>9:45 MOVE with Maria (WC)</div>						
4	<div>9:00 Silver Sneakers Circuit (WC)</div> <div>10:00 Pure Stretch (WC1FL)</div> <div>11:00 Silver Sneakers Classic (WC)</div> <div>12:30 Stix Cardio Drummers will be Off-Campus On Tour</div> <div>2:00 Yoga Stretch (WC1FL)</div>	5	<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Yoga W/ Waverly (WC1FL)</div> <div>10:00 Mobility Matters (WC)</div> <div>11:00 Drumming Essentials (WC1FL)</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	6	<div>9:00 Silver Sneakers Circuit (WC)</div> <div>10:00 Core And More (WC)</div> <div>11:00 Silver Sneakers Classic (WC)</div> <div>11:30 Tai Chi W/ Simone (WC)</div> <div>2:00 Power Training (WC1FL)</div>	7	<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Meditation W/ Waverly (CT) 🍷</div> <div>9:15 Neuro Boxing (WC)</div> <div>10:00 Mobility Matters (WC)</div> <div>11:00 Balance Basics (WC)</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	8	<div>8:30 Elite Hands & Feet (WC)</div> <div>9:15 Sit & Get Fit (WC1FL)</div> <div>10:00 Stix: Cardio Drumming (WC) 🍷</div> <div>11:00 Sit and Get Fit (WC)</div>	9	<div>9:00 Functional Fitness W/ Maria (WC)</div> <div>9:45 MOVE with Maria (WC)</div>	10
11	<div>9:00 Silver Sneakers Circuit (WC)</div> <div>10:00 Pure Stretch (WC1FL)</div> <div>11:00 Silver Sneakers Classic (WC)</div> <div>1:00 *New Class* Low Impact Cardio (WC1FL)</div> <div>2:00 Yoga Stretch (WC1FL)</div>	12	<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Yoga W/ Waverly (WC1FL)</div> <div>9:45 Participate in the Mardi Gras Parade Through Healthcare (M) 📌</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	13	<div>9:00 Silver Sneakers Circuit (WC)</div> <div>10:00 Core And More (WC)</div> <div>11:00 Silver Sneakers Classic (WC)</div> <div>11:30 Tai Chi W/ Simone (WC)</div> <div>2:00 Power Training (WC1FL)</div>	14	<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Meditation W/ Waverly (CT) 🍷</div> <div>9:15 Neuro Boxing (WC)</div> <div>10:00 Mobility Matters (WC)</div> <div>11:00 Balance Basics (WC)</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	15	<div>8:30 Elite Hands & Feet (WC)</div> <div>9:15 Sit & Get Fit (WC1FL)</div> <div>10:00 Stix: Cardio Drumming (WC) 🍷</div> <div>11:00 Sit and Get Fit (WC)</div> <div>1:00 Country Crew Line Dancer Club (WC1FL) 🍷</div>	16	<div>9:00 Pure Stretch w/Jena (WC1FL)</div> <div>9:45 Core and More w/ Jena (WC1FL)</div>	17
18	<div>9:00 Silver Sneakers Circuit (WC)</div> <div>10:00 Pure Stretch (WC1FL)</div> <div>11:00 Silver Sneakers Classic (WC)</div> <div>12:30 Wellness Center Orientation (WC1FL)</div> <div>1:00 *New Class* Low Impact Cardio (WC1FL)</div> <div>2:00 Yoga Stretch (WC1FL)</div>	19	<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Yoga W/ Waverly (WC1FL)</div> <div>10:00 Mobility Matters (WC)</div> <div>11:00 Drumming Essentials (WC1FL)</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	20	<div>9:00 Silver Sneakers Circuit (WC)</div> <div>10:00 Core And More (WC)</div> <div>11:00 Silver Sneakers Classic (WC)</div> <div>11:30 Tai Chi W/ Simone (WC)</div> <div>2:00 Power Training (WC1FL)</div>	21	<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Meditation W/ Waverly (CT) 🍷</div> <div>9:15 Neuro Boxing (WC)</div> <div>10:00 Mobility Matters (WC)</div> <div>11:00 Balance Basics (WC)</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	22	<div>Go Texan Day Chili Cook-Off</div> <div>8:30 Elite Hands & Feet (WC)</div> <div>9:15 Sit & Get Fit (WC1FL)</div>	23	<div>9:00 Functional Fitness W/ Maria (WC)</div> <div>9:45 MOVE with Maria (WC)</div>	24
25	<div>9:00 Silver Sneakers Circuit (WC)</div> <div>10:00 Pure Stretch (WC1FL)</div> <div>11:00 Silver Sneakers Classic (WC)</div> <div>1:00 *New Class* Low Impact Cardio (WC1FL)</div> <div>2:00 Yoga Stretch (WC1FL)</div>	26	<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Yoga W/ Waverly (WC1FL)</div> <div>10:00 Mobility Matters (WC)</div> <div>11:00 Drumming Essentials (WC1FL)</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	27	<div>9:00 Silver Sneakers Circuit (WC)</div> <div>10:00 Core And More (WC)</div> <div>11:00 Silver Sneakers Classic (WC)</div> <div>11:30 Tai Chi W/ Simone (WC)</div> <div>1:00 Wellness Insights: Building Better Health with Vitamins (NC)</div> <div>2:00 Power Training (WC1FL)</div>	28	<div>8:30 Silver Sneakers Stability (WC)</div> <div>9:15 Meditation W/ Waverly (CT) 🍷</div> <div>9:15 Neuro Boxing (WC)</div> <div>10:00 Mobility Matters (WC)</div> <div>11:00 Balance Basics (WC)</div> <div>1:00 Men's Weight Training W/ David (WC2FL)</div> <div>1:45 Weights, Gait, and Balance W/ David (WC2FL)</div> <div>3:00 Intermediate Balance (WC)</div>	29				

February 2024

Fitness

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