

SUN	MON	TUE	WED	THUR	FRI	SAT
1	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 2:00 Family Pool Party (Pool Area / Wellness Center)	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)	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 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)	8:30 Elite Hands & Feet W/ Maria (WC) 9:15 Sit & Get Fit w/ Maria (WC1FL) 11:00 Sit and Get Fit w/Maria (WC)	9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)
8	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL) 2:00 Water Aerobics (Pool Area / Wellness Center)	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)	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 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)	8:30 Elite Hands & Feet W/ Maria (WC) 9:15 Sit & Get Fit (WC1FL) 10:00 Stix: Cardio Drumming (WC) ☼ 11:00 Sit and Get Fit (WC)	9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)
15	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 12:30 Wellness Center Orientation (WC1FL) 1:00 Low Impact Cardio (WC1FL) 2:00 Water Aerobics (Pool Area / Wellness Center)	8:30 Silver Sneakers Stability (WC) 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)	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 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)	8:30 Elite Hands & Feet W/ Maria (WC) 9:15 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 (WC1FL) 9:45 MOVE with Maria (WC)
22	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL) 2:00 Water Aerobics (Pool Area / Wellness Center)	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)	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	8:30 Silver Sneakers Stability (WC) 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)	8:30 Elite Hands & Feet W/ Maria (WC) 9:15 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 (WC1FL) 9:45 MOVE with Maria (WC)
29	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC)	KEY WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor ☼ - Club				
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# September 2024

Fitness

8580 Woodway, Houston, TX 77063 713.979.3090

