

SUN	MON	TUE	WED	THUR	FRI	SAT						
1	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	2	8:30 Silver Sneakers Stability (WC) 9:15 Yoga w/Waverly (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)	3	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)	4	8:30 Silver Sneakers Stability (WC) 9:20 Neuro Boxing (WC) 3:00 Mobility Matters (WC) 11:00 Stix: Cardio Drumming (WC) ☸ 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	5	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) 2:00 Senior Playground Tour at Baker Ripely (CL) 🚫	6	9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)	7
8	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	9	8:30 Silver Sneakers Stability (WC) 9:15 Yoga w/Waverly (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)	10	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)	11	8:30 Silver Sneakers Stability (WC) 9:20 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Walking for Wellness *New Class* (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	12	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) ☸	13	9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)	14
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)	16	8:30 Silver Sneakers Stability (WC) 9:15 Yoga w/Waverly (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)	17	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/Sub Instructor (WC) 1:00 Brain Health Training (WC1FL) 2:00 Power Training (WC1FL)	18	8:30 Silver Sneakers Stability (WC) 9:20 Neuro Boxing (WC) 10:00 Mobility Matters (WC) 11:00 Walking for Wellness *New Class* (WC) 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	19	8:30 Elite Hands & Feet W/ Maria (WC) 9:15 Sit & Get Fit (WC1FL) 11:00 A STIX Country Christmas (ST)	20	9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)	21
22	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	23	8:30 Silver Sneakers Stability (WC) 9:15 Yoga w/Waverly (WC) 10:00 Mobility Matters (WC) 11:00 Muscles and Mistletoe Workout (WC) 3:00 Intermediate Balance (WC)	24	Hanukkah Christmas Day	25	Kwanzaa 8:30 Silver Sneakers Stability with Maria (WC) 10:00 Mobility Matters w/ Maria (WC)	26	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) ☸	27	9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)	28
29	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	30	New Year's Eve 8:30 Silver Sneakers Stability (WC) 9:15 Yoga w/Waverly (WC) 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) 3:00 Intermediate Balance (WC)	31	KEY CL - Classic Lobby ST - Stratford Theatre WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor ☸ - Club 🚫 - Registration Required							

December 2024

Fitness

8580 Woodway, Houston, TX 77063 713.979.3090

