

SUN	MON	TUE	WED	THUR	FRI	SAT
KEY CT - Churchill Theatre CA - Creative Arts Room WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor ☞ - Club ⓘ - Registration Required				1 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)	2 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)	3 9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)
5	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	6 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)	7 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 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)	9 8:30 Elite Hands & Feet W/ Maria (WC) 9:15 Sit & Get Fit W/ Maria (WC1FL) 11:00 Sit and Get Fit (WC) 1:00 Country Crew Line Dancer Club (WC1FL) ☞	10 9:00 Functional Fitness W/Jena (WC1FL) 9:45 MOVE with Jena (WC)
12	9:15 Silver Sneakers Circuit (WC1FL) 10:00 Pure Stretch (WC1FL) 11:00 Silver Sneakers Classic (WC) 1:00 Low Impact Cardio (WC1FL)	13 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)	14 9:15 Silver Sneakers Circuit w/Maria (WC1FL) 10:00 Core And More w/ Maria (WC) 11:30 Tai Chi for Arthritis W/ Makai (WC)	15 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)	16 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) ☞	17 9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)
19	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)	20 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)	21 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)	22 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)	23 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)	24 9:00 Functional Fitness W/Maria (WC1FL) 9:45 MOVE with Maria (WC)
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January 2025

Fitness

8580 Woodway, Houston, TX 77063 713.979.3090

