



EVELYN RUBENSTEIN JCC
HOUSTON

LAURIE AND MILTON BONIUK
WELLNESS CENTER

GROUP EXERCISE AM SCHEDULE

EFFECTIVE March 14, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM - 9:15 AM OCTANE Cheri - Studio 1	5:45 AM - 6:45 AM LES MILLS BODY PUMP Clarissa - Studio 1	5:45 AM - 6:30 AM TURN & BURN Angela - Cycle Studio	5:45 AM - 6:30 AM LES MILLS CORE Clarissa - Studio 1	7:15 AM - 8:00 AM AQUA FITNESS Betsy - Indoor Pool	8:30 AM - 9:30 AM LES MILLS BODY PUMP Randi - Studio 1
9:00 AM - 9:45 AM VITALITY YOGA Millette - Studio 2	7:15 AM - 8:00 AM AQUA YOGA Betsy - Indoor Pool	5:45 AM - 6:35 AM BARRE FUSION Meryl - Studio 2	7:15 AM - 8:00 AM AQUA FITNESS DEEP Betsy - Indoor Pool	8:00 AM - 8:50 AM OCTANE Angela - Studio 1	9:00 AM - 9:50 AM MAT PILATES Angela - Studio 2
9:30 AM - 10:20 AM CARDIO POWER Meryl - Studio 1	8:45 AM - 9:30 AM SPIN & STRENGTH VIRTUAL - Cycle Studio	7:15 AM - 8:00 AM AQUA FITNESS Betsy - Indoor Pool	8:45 AM - 9:30 AM SPIN & STRENGTH VIRTUAL - Cycle Studio	9:00 AM - 9:50 AM CARDIO POWER Dena - Studio 1	10:00 AM - 10:50 AM TOTAL BODY RESET Randi - Studio 1
10:00 AM - 10:45 AM MAT PILATES Angela - Studio 2	9:00 AM - 9:45 AM AQUA FITNESS Betsy - Indoor Pool	8:00 AM - 8:50 AM MAT PILATES Angela - Studio 2	9:00 AM - 9:45 AM AQUA FITNESS Betsy - Indoor Pool	9:15 AM - 9:45 AM CORE & MORE Angela - Fitness Center	10:00 AM - 10:50 AM YOGA FLOW Michelle M - Studio 2
11:00 AM - 11:50 AM WOMENS ONLY ZUMBA Renee - Studio 1	9:15 AM - 10:05 AM MAT FUSION Meryl - Studio 2	9:00 AM - 9:50 AM CARDIO POWER Dena - Studio 1	9:00 AM - 9:50 AM LES MILLS BODY PUMP Angela - Studio 1	9:15 AM - 10:05 AM BARRE FUSION Sandye - Studio 2	11:00 AM - 11:50 AM RETRO CARDIO STRETCH Traci - Studio 1
11:00 AM - 11:50 AM VINYASA FLOW Taylor - Studio 2	10:30 AM - 11:20 AM POWER FLOW Megan - Studio 2	9:15 AM - 10:05 AM BARRE FUSION Sandye - Studio 2	9:15 AM - 10:05 AM MAT FUSION Meryl - Studio 2	10:00 AM - 10:50 AM HATHA YOGA 60+ ** Gudrun - Dance Studio LL109	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS** Angela - Boardroom
	11:10 AM - 12:00 PM STAY YOUNG THROUGH FITNESS ** Adi - Boardroom	10:00 AM - 10:45 AM SCULPT Angela - Studio 1	10:30 AM - 11:20 AM PEACEFUL YOGA Gudrun - Studio 2	10:00 AM - 10:50 AM WOMENS ONLY ZUMBA Renee - Studio 1	
	11:30 AM - 12:20 PM FLOW Michele W - Studio 2	10:15 AM - 11:05 AM CONTEMPORARY PILATES Michelle M - Studio 2	11:00 AM - 11:45 AM LES MILLS TONE Randi - Studio 1	11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2	
		11:00 AM - 11:50 AM WOMENS ONLY ZUMBA Renee - Studio 1	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS** Traci - Boardroom	11:15 AM - 12:10 PM HATHA YOGA 60+ ** Gudrun - Dance Studio LL109	
		11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2			

Class Descriptions



Questions about our group exercise schedule and programs can be directed to
Traci Silverman at tsilverman@erjchouston.org.

