



EVELYN RUBENSTEIN JCC
HOUSTON

LAURIE AND MILTON BONIUK
WELLNESS CENTER

GROUP EXERCISE AM SCHEDULE

EFFECTIVE April 14 - 19 *THIS IS TEMPORARY FOR THE FAN INSTALLATION*

SUNDAY April 14	MONDAY April 15	TUESDAY April 16	WEDNESDAY April 17	THURSDAY April 18	FRIDAY April 19
8:30 AM - 9:15 AM OCTANE Cheri - LL109	5:45 AM - 6:45 AM LES MILLS BODY PUMP Clarissa - Studio 2	5:45 AM - 6:30 AM TURN & BURN Angela - Cycle Studio	5:45 AM - 6:30 AM LES MILLS CORE Clarissa - Studio 2	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 - LL109	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 - LL109	9:15 AM - 10:05 AM MAT FUSION Meryl - Studio 2	9:00 AM - 9:50 AM CARDIO POWER Dena - Studio 2	9:00 AM - 9:50 AM LES MILLS BODY PUMP Angela - Cycle Studio	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
	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS ** Michele- Boardroom	10:00 AM - 10:45 AM SCULPT Angela - LL109	10:30 AM - 11:20 AM PEACEFUL YOGA Gudrun - LL109	10:00 AM - 10:50 AM WOMENS ONLY ZUMBA Renee - Studio 1	
		10:15 AM - 11:05 AM CONTEMPORARY PILATES Michelle M - Studio 2	11:00 AM - 11:45 AM LES MILLS TONE Randi - Studio 2	11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2	
		11:00 AM - 11:50 AM WOMENS ONLY ZUMBA Renee - Studio 2	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





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GROUP EXERCISE PM SCHEDULE

EFFECTIVE April 14 - 19 *THIS IS TEMPORARY FOR THE FAN INSTALLATION*

SUNDAY April 14	MONDAY April 15	TUESDAY April 16	WEDNESDAY April 17	THURSDAY April 18	FRIDAY April 19
12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 2	4:15 PM - 5:00 PM YOGALATES II Traci - Studio 2	4:30 PM - 5:15 PM BUTTS & GUTS Cheri - Studio 2	12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - LL109	4:30 PM - 5:15 PM CONTEMPORARY PILATES Renee - Studio 2	12:00 PM - 12:50 PM BARRE FUSION Stephanie - Studio 2
	5:30 PM - 6:20 PM SLOW FLOW Taylor - Studio 2	5:30 PM - 6:20 PM YOGAPILA Gudrun - Studio 2	12:00 PM - 12:50 PM YOGA LAB Michele W - Studio 2	6:00 PM - 6:50 PM YOGA FLOW Michele W - Studio 2	
	5:30 PM - 6:20 PM CONTEMPORARY PILATES Ellen - Studio 2	7:00 PM - 7:50 PM PEACEFUL YOGA Gudrun - Studio 2	4:15 PM - 5:00 PM CARDIO POWER PILATES Traci - Studio 2	7:30 PM - 8:15 PM ZUMBA Tonya - Studio 1	
	6:30 PM - 7:15 PM LES MILLS BODY PUMP Angela - Studio 2		5:00 PM - 5:50 PM LES MILLS CORE Angela - Studio 2		
	7:30 PM - 8:15 PM ZUMBA Tonya - Studio 2		6:00 PM - 6:45 PM ZUMBA Sandye - RM 232		
			6:30 PM - 7:20 PM PEACEFUL YOGA Gudrun - Studio 2		

- AQUATICS
- CARDIO
- MIND/BODY
- SENIOR ADULT
- STRENGTH
- **FEE BASED &
REGISTRATION REQUIRED

PLEASE NOTE:

- Classes and Instructors are subject to last minute changes
- No member access after 10 mins of start class
- Children under 11 yrs are not permitted in the studios

Kid Care Hours:

Monday - Thursday 8:30 AM - 12:30 PM,
4:00 - 8:00 PM
Friday - Saturday 8:30 AM - 12:30 PM
Sunday 8:00 AM - 1:00 PM