EVELYN RUBENSTEIN JCC
HOUSTON

LAURIE AND MILTON BONIUK
WELLNESS CENTER

GROUP EXERCISE AM SCHEDULE

EFFECTIVE March 15, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM - 9:20 AM CARDIO SCULPT Taylor - Studio 1	5:30 AM - 6:30 AM LES MILLS BODYPUMP Clarissa - Studio 1	5:45 AM - 6:30 AM TURN & BURN Angela - Cycle Studio	5:30 AM - 6:15 AM LES MILLS CORE Clarissa - Studio 1	5:30 AM - 6:30 AM LES MILLS BODYPUMP HEAVY Clarissa - Studio 1	7:15 AM - 8:00 AM AQUA FITNESS Norma - Indoor Pool
8:30 AM - 9:05 AM RHYTHMIC SPIN Stephanie/Meryl Cycle Studio	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	5:45 AM - 6:35 AM BARRE FUSION Meryl - Studio 2	8:00 AM - 8:50 AM Tai Chi Demetrius - Studio 2
9:15 AM - 9:50 AM BARRE FUSION Stephanie/Meryl Studio 2	8:00 AM – 8:50 AM MAT PILATES Adi - Studio 2	7:15 AM - 8:00 AM AQUA FITNESS Betsy - Indoor Pool	8:00 AM – 8:50 AM MAT PILATES Adi - Studio 2	7:15 AM - 8:00 AM AQUA FITNESS Cathy - Indoor Pool	8:00 AM - 9:00 AM LES MILLS BODYPUMP HEAVY Randi - Studio 1
9:30 AM - 10:20 AM CARDIO POWER Dena- Studio 1	9:00 AM - 9:45 AM AQUA FITNESS Betsy - Indoor Pool	8:00 AM – 8:50 AM SPRINT TO STRONG Blair - Cycle Studio	9:00 AM - 9:45 AM AQUA FITNESS Betsy - Indoor Pool	8:00 AM – 8:50 AM PILATES PRINCIPLES Adi - Studio 2	9:00 AM - 9:45 AM AQUA FITNESS Norma - Indoor Pool
10:00 AM - 10:45 AM MAT PILATES Angela - Studio 2	9:15 AM - 10:05 AM POWER CYCLE Casey - Cycle Studio	9:00 AM - 9:50 AM CARDIO POWER Dena - 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 SLĀ AT THE J Lindsey - Studio 2 *WOMEN ONLY*
11:00 AM - 11:50 AM ZUMBA Renee - Studio 1 *WOMENS ONLY*	9:15 AM - 10:05 AM MAT FUSION Lauren - Studio 2	9:15 AM - 10:05 AM BARRE FUSION Lauren - Studio 2	10:15 AM - 11:05 AM ZUMBA Gee Gee - Studio 1 *WOMEN* ONLY	9:15 AM - 10:05 AM BARRE FUSION Lauren/Renee Studio 2	9:15 AM - 9:45 AM LES MILLS CORE Randi - Studio 1
11:00 AM - 11:55 AM VINYASA FLOW Taylor - Studio 2	9:15 AM - 10:05 AM LES MILLS BODYCOMBAT Jordie- Studio 1	10:00 AM - 10:50 AM CARDIO DANCE Renee - Studio 1 *WOMEN ONLY*	10:30 AM - 11:20 AM PEACEFUL YOGA Gudrun - Studio 2	10:00 AM - 10:50 AM HATHA YOGA 60+ ** Gudrun - LL 109	9:15 AM - 10:05 AM RHYTHMIC SPIN Meryl - Cycle Studio
	10:15 AM - 11:05 AM MAT PILATES Angela – Studio 2	11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS** Traci - Boardroom	10:15 AM - 11:05 AM HATHA YOGA Allison - Studio 2	10:00 AM - 10:50 AM POWER YOGA Michelle M - Studio 2
Class Descriptions	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS ** Michele W - Boardroom			11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2	10:15 AM - 11:05 AM RETRO CARDIO STRETCH Traci - Studio 1
				11:15 AM - 12:10 PM HATHA YOGA 60+ ** Gudrun - LL 109	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS** Angela - Boardroom
					11:45 AM - 12:20 PM RHYTHMIC SPIN Stephanie- Cycle Studio

Questions about our group exercise schedule and programs can be directed to Renee Cohen at rmasor@erjcchouston.org.

2026

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LAURIE AND MILTON BONIUK
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GROUP EXERCISE PM SCHEDULE

EFFECTIVE March 15, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 1	12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 1	4:30 PM - 5:15 PM BARRE FUSION Renee- Studio 2	12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 1	4:15 PM - 5:00 PM STRENGTH TRAINING Ellen - Studio 1	12:30 PM - 1:15 PM BARRE FUSION Stephanie - Studio 2
12:15 PM - 1:05 PM Tai Chi Demetrius - Studio 2	4:15 PM - 4:55 PM POWER YOGA Traci - Studio 2	5:30 PM - 6:20 PM YOGAPILA Gudrun - Studio 2	4:15 PM - 5:00 PM CARDIO POWER PILATES Traci - Studio 2	5:30 PM - 6:20 PM LES MILLS BODYCOMBAT Pedro - Studio 1	
	5:00 PM - 5:15 PM SCULPT EXPRESS Traci - Studio 2	7:00 PM - 7:50 PM PEACEFUL YOGA Gudrun - Studio 2	5:30 PM - 6:20 PM BARRE FUSION Ellen - Studio 2	6:00 PM - 6:45 PM AQUA FITNESS Sheven - Indoor Pool	
	5:30 PM - 6:20 PM CONTEMPORARY PILATES Ellen - Studio 1	7:00 PM - 8:30 PM INT/ADV ISRAELI FOLK DANCE*** Shira – LL 109	5:30 PM - 6:20 PM ZUMBA Sandye - Studio 1 *WOMEN ONLY*	7:00 PM - 7:50 PM SLOW FLOW Taylor - Studio 1	
	5:30 PM - 6:20 PM YOGA THERAPEUTICS Allison - Studio 2		6:30 PM - 7:30 PM LES MILLS BODY PUMP Angela - Studio 1	7:15 PM - 8:15 PM WOMEN'S SELF DEFENSE*** Gee Gee – Studio 2	
	6:30 PM - 7:30 PM LES MILLS BODY PUMP Angela - Studio 1		6:30 PM - 7:20 PM PEACEFUL YOGA Gudrun - Studio 2		
	6:30 PM - 7:20 PM HATHA YOGA Allison - Studio 2		6:45 PM - 8:00 PM BALLET II*** Gladysue - LL 109		
	7:00 PM - 7:45 PM AQUA FITNESS Sheven - Indoor Pool				
	7:00 PM - 8:30 PM BEGINNNER ISRAELI FOLK DANCE*** Lynn – LL 109				

AQUATICS

CARDIO

MIND/BODY

SENIOR ADULT

STRENGTH

**FEE BASED & REGISTRATION REQUIRED

***FEE BASED & REGISTRATION REQUIRED

PLEASE NOTE:

- Classes and Instructors are subject to last-minute changes
- No access after 10 mins of class start for members safety
- 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 - 1:15 PM

MEMORIAL HERMANN Southwest

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