SUN	MON	TUE	WED	THUR	FRI	SAT
	1 **10:00 Pure Stretch (WC1FL)** 11:00 Silver Sneakers Classic (WC) **1:00 Rhythm Walking (WC1FL)**	**2** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) **10:00 Meditation & Sound Bath (CT)** 10:00 Mobility Matters (WC) 11:00 Drumming Essentials (WC1FL) **2:00 Core and Floor Fusion *New Class Time! (WC1FL)** 3:00 Intermediate Balance (WC)	**3** 9:15 Silver Sneakers Circuit (WC1FL) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) **11:40 Tai Chi (WC1FL)** 1:00 Brain Health Training (WC1FL) 2:00 Dynamic Intervals (WC1FL)	**4** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) 10:00 Mobility Matters (WC) **11:00 Pure Stretch (WC1FL)** 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 (WC1FL) 10:00 Stix: Cardio Drumming (WC) 11:00 Sit and Get Fit (WC) **1:00 Country Crew Line Dancing Club (WC1FL)**	**6** 9:00 Functional Fitness W/ Maria (WC1FL) 9:45 MOVE with Maria (WC)
7	**8** 9:15 Silver Sneakers Circuit w/Maria (WC1FL) **10:00 Pure Stretch (WC1FL)** 11:00 Silver Sneakers Classic (WC) **1:00 Rhythm Walking (WC1FL)** 2:00 Water Aerobics (P)	**9** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) 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) **2:00 Core and Floor Fusion *New Class Time! (WC1FL)** 3:00 Intermediate Balance (WC)	**10** 9:15 Silver Sneakers Circuit (WC1FL) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) **11:40 Tai Chi (WC1FL)** 1:00 Brain Health Training (WC1FL) 2:00 Dynamic Intervals (WC1FL)	**11** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) 10:00 Mobility Matters (WC) **11:00 Pure Stretch (WC1FL)** 1:00 Men's Weight Training W/ David (WC2FL) **1:00 Rhythm Walking (WC1FL)** 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 Dancing 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 Rhythm Walking (WC1FL)** 2:00 Water Aerobics (P)	**16** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) 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) **2:00 Core and Floor Fusion *New Class Time! (WC1FL)** 3:00 Intermediate Balance (WC)	**17** 9:15 Silver Sneakers Circuit (WC1FL) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) **11:40 Tai Chi (WC1FL)** 1:00 Brain Health Training (WC1FL) 2:00 Dynamic Intervals (WC1FL) 3:00 Abide: Nutrition Support Group (WC1FL)	**18** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) 10:00 Mobility Matters (WC) **11:00 Pure Stretch (WC1FL)** 1:00 Men's Weight Training W/ David (WC2FL) **1:00 Rhythm Walking (WC1FL)** 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) 10:00 Stix: Cardio Drumming (WC) 11:00 Sit and Get Fit (WC) **1:00 Country Crew Line Dancing Club (WC1FL)**	**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 Rhythm Walking (WC1FL)** 2:00 Water Aerobics (P)	**23** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) **10:45 Dance 2 Thrive Houston Ballet Exercise Series (ST)** 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) **2:00 Core and Floor Fusion *New Class Time! (WC1FL)** 3:00 Intermediate Balance (WC)	**24** 9:15 Silver Sneakers Circuit (WC1FL) 10:00 Core And More (WC) 11:00 Silver Sneakers Classic (WC) **11:40 Tai Chi (WC1FL)** 1:00 Brain Health Training (WC1FL) **3:15 Tower vs. Classic Volleyball Tournament (ST)**	**25** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) 10:00 Mobility Matters (WC) **11:00 Pure Stretch (WC1FL)** 1:00 Men's Weight Training W/ David (WC2FL) **1:00 Rhythm Walking (WC1FL)** 1:45 Weights, Gait, and Balance W/ David (WC2FL) 3:00 Intermediate Balance (WC)	**26** 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)	**27** 9:00 Silver Sneakers Classic W/Jena (WC1FL) 9:45 Silver Sneakers Circuit with Jena (WC)
28	**29** 9:15 Silver Sneakers Circuit (WC1FL) **10:00 Pure Stretch (WC1FL)** 11:00 Silver Sneakers Classic (WC) **1:00 Rhythm Walking (WC1FL)** 2:00 Water Aerobics (P)	**30** 8:30 Silver Sneakers Stability (WC) 9:15 Standing Traditional Yoga w/Waverly (WC1FL) **10:45 Thrive 2 Dance Houston Ballet Exercise Series (ST)** 1:00 Men's Weight Training W/ David (WC2FL) 1:45 Weights, Gait, and Balance W/ David (WC2FL) **2:00 Core and Floor Fusion *New Class Time! (WC1FL)** 3:00 Intermediate Balance (WC)	**KEY** CT - Churchill Theatre P - Pool ST - Stratford Theatre WC - Wellness Center WC1FL - Wellness Center 1st Floor WC2FL - Wellness Center 2nd Floor - Club - Registration Required			

June 2026

Fitness
8580 Woodway, Houston, TX 77063 713.979.3090

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