

New Year's

EXERCISE SCHEDULE

Wednesday, Dec. 31

6:45 to 7:30 a.m.	Pure Cycle	Celeste	Surge
7:30 to 8:15 a.m.	Classic Pilates	Alyssa	Move
7:45 to 8:15 a.m.	LIFT 30	Celeste	Strong
8 to 9:15 a.m.	SwimFit Strong	Charlie Fry	Sports Pool (Lanes 1-6)
8:30 to 9:15 a.m.	Muscles	Martica	Move
8:45 to 9:30 a.m.	TRX	Lori	Strong
9 to 9:50 a.m.	Reform \$40*	Alyssa	Synergy
9:30 to 10:30 a.m.	Cutting EDGE	Colleen	Move
9:30 to 10:30 a.m.	Yoga Power	Jaclyn	Breathe
9:45 to 10:30 a.m.	VideoRide	Martica	Surge
10 to 10:45 a.m.	Contemporary Pilates	Aliyeh	Strong
10:45 to 11:45 a.m.	Zumba	Varelis & Shellah	Move
10:45 to 11:45 a.m.	Yoga Body	Ethan	Breathe
Noon to 12:45 p.m.	Sweaty Aerobics	YJ	Move
Noon to 1 p.m.	Restorative Yoga	Ethan	Breathe
1 to 1:45 p.m.	BARRE off the BARRE	YJ	Move

Thursday, Jan. 1

9 to 9:55 a.m.	SwimFit H.I.T.S.	Mark	SportsPool (Lanes 1-6)
9:15 to 9:45 a.m.	LIFT 30	Martica	Strong
9:30 to 10:30 a.m.	Yoga Bootcamp	Andrew	Breathe
9:30 to 10:15 a.m.	Step 150	Colleen	Move
10 to 10:45 a.m.	Contemporary Pilates	Alyssa	Strong
10 to 10:45 a.m.	VideoRide	Martica	Surge
10:30 to 11:15 a.m.	Jazz it up!	Jasmine	Move
10:45 to 11:45 a.m.	Yoga Lab	Andrew	Breathe
11 to 11:45 a.m.	Barre Jam	Mel	Strong
11 to 11:50 a.m.	Reform \$40*	Alyssa	Synergy
11:30 a.m. to 12:15 p.m.	Cutting EDGE	YJ	Move
Noon to 1 p.m.	Yoga Stretch	Cathy	Breathe
12:15 to 1 p.m.	Bungee	Steph	Strong
12:30 to 1:15 p.m.	KARB Cardio	YJ	Move

*Requires registration through the Houstonian App and additional fee.

