

2025 ACTIVE AGING CLASS SCHEDULE

Sunday

11:30 a.m. to 12:30 p.m.	Yoga Stretch	Steven Villanueva	Breathe
12:45 to 1:30 p.m.	Yoga Stretch	Nosa Edebor	Breathe
1:35 to 2 p.m.	Sound Journey	Nosa Edebor	Breathe
5:45 to 6:45 p.m.	Yoga Therapy	Andrew Dugas	Breathe

Monday

7:15 to 8:15 a.m.	Yoga Stretch	Steven Villanueva	Breathe
12:15 to 1 p.m.	Yoga Basics	Farida Meguid	Breathe
1:15 to 2 p.m.	Just for Men	Johnny Quintanilla	Strong
1:30 to 2:30 p.m.	Yoga Stretch & Sound Journey	Farida Meguid	Breathe
2 to 2:45 p.m.	Vintage Vitality	Mitzi Ruff	Move

Tuesday

10:15 to 11 a.m.	Cycle Basics	Martica Heaner	Surge
10:30 to 11:45 a.m.	Therapy Ball Class	Steven Villanueva	Breathe
11:15 a.m. to Noon	Muscle Basics	Martica Heaner	Move
Noon to 1 p.m.	Yoga Therapy	Robert Boustany	Breathe
12:15 to 1 p.m.	Pilates Basics	Stacy Skolnik	Move
1:30 to 2:30 p.m.	Yoga Stretch	Steven Villanueva	Breathe
1:30 to 2:15 p.m.	Tai Chi for Arthritis	Simone Olivier	Move

Wednesday

7:15 to 8:15 a.m.	Yoga Therapy	Andrew Dugas	Breathe
Noon to 1 p.m.	Yoga Stretch	Ethan Spell	Breathe
1:15 to 2 p.m.	Just for Men	Chad Fuqua	Strong
2 to 2:45 p.m.	Seated Strength & Stretch	Frances Caron	Move
6:30 to 7:15 p.m.	Yoga Stretch	Nosa Edebor	Breathe
7:20 to 7:35 p.m.	Sound Journey	Nosa Edebor	Breathe

Thursday

11:30 a.m. to 12:15 p.m.	Muscle Basics	Stephanie Buck	Breathe
Noon to 1 p.m.	Yoga Therapy	Robert Boustany	Breathe
12:30 to 1:15 p.m.	Pilates Basics	Melinda Grunewald	Move
6 to 7 p.m.	Yoga Stretch & Sound Journey	Stephanie McCarrey	Breathe

Friday

7 to 7:45 a.m.	Yoga Therapy	Larry Thraen	Breathe
1 to 1:45 p.m.	Muscle Basics	Joei Didow	Move
1:15 to 2 p.m.	Just for Men	Chad Fuqua	Strong
1:15 to 2:15 p.m.	Yoga Stretch	Cindy Agnew	Breathe
2:20 to 2:45 p.m.	The Meditation Class	Cindy Agnew	Breathe
6 to 7 p.m.	Yoga Bootcamp	Andrew Dugas	Breathe

Saturday

9:30 to 10:30 a.m.	Yoga Therapy	Andrew Dugas	Breathe
9:30 to 10:30 a.m.	Yoga Therapy	Andrew Dugas	Breathe
Noon to 1 p.m.	Yoga Stretch	Houstonian Team	Breathe

