

2026 ACTIVE AGING CLASS SCHEDULE

Sunday

11:30 a.m. to 12:30 p.m.	Yoga Stretch	Nosa Edebor	Breathe
12:35 to 1 p.m.	Sound Journey	Nosa Edebor	Breathe
1:15 to 2 p.m.	Yoga Stretch	Steven Villanueva	Breathe
5:45 to 6:45 p.m.	Yoga Therapy	Andrew Dugas	Breathe

Monday

7:15 to 8:15 a.m.	Yoga Stretch	Haley Fountain	Breathe
12:15 to 1 p.m.	Yoga Basics	Steven Villanueva	Breathe
1:15 to 2 p.m.	Just For Men	Loredana Fazzini	Strong
1:30 to 2:30 p.m.	Yoga Stretch	Steven Villanueva	Breathe
2 to 2:45 p.m.	Vintage Vitality	Houstonian Team	Move

Tuesday

10:15 to 11 a.m.	Cycle Basics	Martica Heaner	Surge
10:30 to 11:45 a.m.	The 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
1:15 to 1:45 p.m.	Body Mechanics Workshop	Robert Boustany	Strong
1:30 to 2:30 p.m.	Yoga Stretch	Steven Villanueva	Breathe
2:35 to 3 p.m.	The Meditation Class	Steven Villanueva	Breathe

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 Stretch & Strength	Frances Caron	Move
6:30 to 7:15 p.m.	Yoga Stretch	Nosa Edebor	Breathe
6:45 to 7:30 p.m.	Tai Chi for Balance	Simone Olivier	Strong
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	Strong
Noon to 1 p.m.	Yoga Therapy	Robert Boustany	Breathe
12:30 to 1:15 p.m.	Pilates Basics	Melinda Grunewald	Move
5:30 to 6:30 p.m.	Yoga Stretch	Houstonian Team	Breathe

Friday

7 to 7:45 a.m.	Yoga Stretch	Jessica Sada	Breathe
1 to 1:45 p.m.	Muscle Basics	Joei Didow	Move
1:15 to 2 p.m.	Just For Men	Rose Spear	Strong
1:15 to 2:15 p.m.	Yoga Stretch	Ethan Spell	Breathe
2:20 to 2:45 p.m.	The Mediation Class	Ethan Spell	Breathe

Saturday

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

