

Holiday Exercise Schedule

Wednesday, Dec. 24

6:45 to 7:30 a.m.	Pure Cycle	Celeste	Surge
7:45 to 8:15 a.m.	LIFT 30	Celeste	Strong
8 to 9:15 a.m.	SwimFit H.I.T.S.	Charlie	SportsPool (Lanes 1-6)
8:30 to 9:15 a.m.	Rhythm Step	Jasmine	Move
9 to 9:50 a.m.	Reform \$40*	Juliana	Synergy
9:30 to 10:15 a.m.	Arms & Abs	Sarah	Move
9:30 to 10:30 a.m.	Yoga Power	Haley	Breathe
9:45 to 10:30 a.m.	Barre Jam	Mel	Strong
9:45 to 10:30 a.m.	Rhythm Ride	Susy	Surge
10:30 to 11:30 a.m.	Zumba	Varelis & Shellah	Move
10:45 to 11:30 a.m.	Contemporary Pilates	Aliyeh	Strong
10:45 to 11:45 a.m.	Yoga Body	Susy	Breathe
11:45 a.m. to 12:30 p.m.	Sweaty Aerobics	YJ	Move
Noon to 1 p.m.	Restorative Yoga	Ethan	Breathe
12:45 to 1:30 p.m.	Muscles	YJ	Move

Thursday, Dec. 25 - Christmas Day: No Classes

**Requires registration through the Houstonian App and additional fee.*

