EVELYN RUBENSTEIN JCC
HOUSTON

LAURIE AND MILTON BONIUK
WELLNESS CENTER

GROUP EXERCISE AM SCHEDULE

EFFECTIVE August 12, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM - 9:15 AM OCTANE Cheri - Studio 1	5:30 AM - 6:30 AM LES MILLS BODY PUMP Clarissa - Studio 1	5:45 AM - 6:30 AM TURN & BURN Angela - Cycle Studio	5:30 AM - 6:15 AM LES MILLS CORE Clarissa - Studio 1	7:15 AM - 8:00 AM AQUA FITNESS Betsy - Indoor Pool	8:30 AM - 9:30 AM LES MILLS BODY PUMP Randi - Studio 1
9:00 AM - 9:45 AM VITALITY YOGA Millette - Studio 2	7:15 AM - 8:00 AM AQUA YOGA Betsy - Indoor Pool	5:45 AM - 6:35 AM BARRE FUSION Meryl - Studio 2	7:15 AM - 8:00 AM AQUA FITNESS DEEP Betsy - Indoor Pool	8:00 AM - 8:50 AM PILATES PRINCIPLES Adi - Studio 2	9:00 AM - 9:50 AM MAT PILATES Angela - Studio 2
9:30 AM - 10:20 AM CARDIO POWER Meryl - Studio 1	8:00 AM - 8:55 AM LES MILLS TONE Randi - Studio 1	7:15 AM - 8:00 AM AQUA FITNESS Betsy - Indoor Pool	8:00 AM - 8:50 AM MAT PILATES Adi - Studio 2	9:00 AM - 9:50 AM CARDIO POWER Dena - Studio 1	9:15 AM - 10:05 AM RHYTHMIC SPIN Meryl - Cycle Studio
10:00 AM - 10:45 AM MAT PILATES Angela - Studio 2	8:00 AM - 8:50 AM MAT PILATES Adi - Studio 2	9:00 AM - 9:50 AM CARDIO POWER Dena - Studio 1	8:15 AM - 9:00 AM YOGA BIOMECHANICS Allison - Studio 1	9:15 AM - 10:05 AM BARRE FUSION Lauren - Studio 2	10:00 AM - 10:50 AM TOTAL BODY RESET Randi - Studio 1
11:00 AM - 11:50 AM WOMENS ONLY ZUMBA Renee - Studio 1	9:00 AM - 9:45 AM AQUA FITNESS Betsy - Indoor Pool	9:15 AM - 10:05 AM BARRE FUSION Lauren - Studio 2	9:00 AM - 9:45 AM AQUA FITNESS Betsy - Indoor Pool	10:00 AM - 10:50 AM HATHA YOGA 60+ ** Gudrun - LL 109	10:00 AM - 10:50 AM YOGA FLOW Michelle M - Studio 2
11:00 AM - 11:50 AM VINYASA FLOW Taylor - Studio 2	9:15 AM - 10:05 AM MAT FUSION Meryl - Studio 2	10:15 AM - 11:05 AM CONTEMPORARY PILATES Michelle M - Studio 2	9:15 AM - 10:00 AM LES MILLS BODY PUMP Angela - Studio 1	10:00 AM - 10:50 AM WOMENS ONLY ZUMBA Sandye - Studio 1	11:00 AM - 11:50 AM RETRO CARDIO STRETCH Traci - Studio 1
	10:15 AM - 11:05 AM POWER FLOW Alyssa - Studio 2	10:00 AM - 10:50 AM WOMENS ONLY ZUMBA Renee - Studio 1	9:15 AM - 10:05 AM MAT FUSION Meryl - Studio 2	11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS** Angela - Boardroom
	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS ** Angela - Boardroom	11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2	10:15 AM - 11:00 AM LES MILLS TONE Randi - Studio 1	11:15 AM - 12:10 PM HATHA YOGA 60+ ** Gudrun - LL 109	
			10:30 AM - 11:20 AM PEACEFUL YOGA Gudrun - Studio 2		
			11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS** Traci - Boardroom		

Class Descriptions

Questions about our group exercise schedule and programs can be directed to Renee Cohen at rmasor@erjcchouston.org.

2024 rev. 3

EVELYN RUBENSTEIN JCC
HOUSTON

LAURIE AND MILTON BONIUK
WELLNESS CENTER

GROUP EXERCISE PM SCHEDULE

EFFECTIVE August 12, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 1	4:15 PM - 5:00 PM YOGALATES II Traci - Studio 2	4:30 PM - 5:15 PM OCTANE Cheri - Studio 1	12:00 PM - 1:00 PM LES MILLS BODY PUMP Randi - Studio 1	4:00 PM - 4:45 PM STRENGTH TRAINING Ellen - Studio 1	12:00 PM - 12:50 PM BARRE FUSION Stephanie - Studio 2
	5:30 PM - 6:20 PM SLOW FLOW Taylor - Studio 2	5:30 PM - 6:20 PM BIKES & BEATS Alyssa - Cycle Studio	4:15 PM - 5:00 PM CARDIO POWER PILATES Traci - Studio 2	6:00 PM - 6:50 PM YOGA FLOW Alyssa - Studio 2	
	5:30 PM - 6:20 PM CONTEMPORARY PILATES Ellen - Studio 1	5:30 PM - 6:20 PM YOGAPILA Gudrun - Studio 2	5:00 PM - 5:50 PM LES MILLS CORE Angela - Studio 1	7:30 PM - 8:15 PM ZUMBA Tonya - Studio 1	
	6:30 PM - 7:15 PM LES MILLS BODY PUMP Angela - Studio 1	7:00 PM - 7:50 PM PEACEFUL YOGA Gudrun - Studio 2	5:30 PM - 6:20 PM BARRE FUSION Ellen - Studio 2		
	6:30 PM - 7:20 PM YOGA BIOMECHANICS Allison - Studio 2		6:00 PM - 6:45 PM WOMENS ONLY ZUMBA Renee - Studio 1		
	7:30 PM - 8:15 PM ZUMBA Tonya - Studio 1		6:30 PM - 7:20 PM PEACEFUL YOGA Gudrun - Studio 2		
			7:30 PM - 8:20 PM VINYASA FLOW Naomi - Studio 2		

AQUATICS
CARDIO
MIND/BODY
SENIOR ADULT
STRENGTH
**FEE BASED & REGISTRATION REQUIRED

PLEASE NOTE:

- Classes and Instructors are subject to last minute changes
- No member access after 10 mins of start class
- Children under 11 yrs are not permitted in the studios

Kid Care Hours:

Monday - Thursday 8:30 AM - 12:30 PM,
4:00 - 8:00 PM
Friday - Saturday 8:30 AM - 12:30 PM
Sunday 8:00 AM - 1:15 PM

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