



EVELYN RUBENSTEIN JCC
HOUSTON

LAURIE AND MILTON BONIUK
WELLNESS CENTER

GROUP EXERCISE AM SCHEDULE

EFFECTIVE January 13, 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM - 9:15 AM OCTANE HIIT 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	5:45 AM - 6:35 AM BARRE FUSION Meryl - Studio 2	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	7:15 AM - 8:00 AM AQUA FITNESS Betsy - Indoor Pool	9:00 AM - 9:50 AM MAT PILATES Angela - Studio 2
9:30 AM - 10:20 AM CARDIO SCULPT Taylor - Studio 1	8:00 AM - 8:50 AM MAT PILATES Adi - Studio 2	7:15 AM - 8:00 AM AQUA FITNESS Betsy - Indoor Pool	8:00 AM - 8:50 AM MAT PILATES Adi - Studio 2	8:00 AM - 8:50 AM PILATES PRINCIPLES Adi - Studio 2	9:30AM - 10:20 AM RHYTHMIC SPIN Meryl - Cycle Studio
10:00 AM - 10:45 AM MAT PILATES Angela - Studio 2	9:00 AM - 9:45 AM AQUA FITNESS Betsy - Indoor Pool	8:00 AM - 8:50 AM CONTEMPORARY PILATES Michelle M - Studio 2	8:15 AM - 9:00 AM HATHA YOGA Allison - Studio 1	9:00 AM - 9:50 AM CARDIO POWER Dena - Studio 1	9:45 AM - 10:35 AM FOAM ROLL RECOVERY Randi - Studio 1
11:00 AM - 11:50 AM WOMENS ONLY ZUMBA Renee - Studio 1	9:15 AM - 10:05 AM MAT FUSION Lauren - Studio 1	9:00 AM - 9:50 AM CARDIO POWER Dena - Studio 1	9:00 AM - 9:45 AM AQUA FITNESS Betsy - Indoor Pool	9:15 AM - 10:05 AM BARRE FUSION Lauren - Studio 2	10:00 AM - 10:50 AM POWER 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	9:15 AM - 10:05 AM BARRE FUSION Lauren - Studio 2	9:15 AM - 10:05 AM LES MILLS BODY PUMP Angela - Studio 1	10:00 AM - 10:50 AM HATHA YOGA 60+ ** Gudrun - LL 109	11:00 AM - 11:50 AM RETRO CARDIO STRETCH Traci - Studio 1
	10:15 AM - 11:05 AM POWER FLOW Alyssa - Studio 2	10:15 AM - 11:05 AM CONTEMPORARY PILATES Michelle M - Studio 2	9:15 AM - 10:05 AM MAT FUSION Meryl - Studio 2	10:15 AM - 11:00 AM LES MILLS BODYCOMBAT Jordie - Studio 1	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS** Angela - Boardroom
	11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS ** Michele W - Boardroom	10:00 AM - 10:50 AM WOMENS ONLY CARDIO DANCE Renee - Studio 1	10:15 AM - 11:00 AM ZUMBA Sandye - Studio 1	10:15 AM - 11:05 AM HATHA YOGA Allison - Studio 2	11:45 AM - 12:20 PM POWER CYCLE Stephanie - Cycle Studio
	11:15 AM - 12:00 PM POWER CYCLE Alyssa - Cycle Studio	11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2	10:30 AM - 11:20 AM PEACEFUL YOGA Gudrun - Studio 2	11:15 AM - 12:00 PM YOGALATES I Traci - Studio 2	
			11:00 AM - 12:00 PM STAY YOUNG THROUGH FITNESS** Traci - Boardroom	11:15 AM - 12:10 PM HATHA YOGA 60+ ** Gudrun - LL 109	Class Descriptions 

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

