



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE Effective February 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING CLASSES					
KICKBOXING 9:00 am KAROLE	POWER PUMP 9 am MIALANI	R.I.P.P.E.D™ 9:30 am MIALANI	SPINNING® 9 am MIALANI	CARDIO COMBO 8:30 am MIALANI	R.I.P.P.E.D™ 9 am MIALANI
YOGA 10 am CAREY	SPINNING® 10 am MIALANI	YOGA 10:30 am CAREY	ZUMBA® 10 am VIRIDIANA	POWER PUMP 9:30 am MIALANI	
SILVER SNEAKERS® CLASSIC 11 am JOANNA	SILVER SNEAKERS® YOGA 11 am KAROLE	SILVER SNEAKERS® CLASSIC 11:30 am MYRTLE	ZUMBA® GOLD 11 am VIRIDIANA	YOGA 10:30 am CAREY	
				SILVER SNEAKERS® CLASSIC 11:30 am JOANNA	
EVENING CLASSES					
POWER PUMP 5:30 pm KAROLE	SPIN ®AND STRENGTH 5 pm MIALANI	TAE BO® 5:30 pm KAROLE	YOGA 6 pm CAREY		
CYCLE 6:30 pm ELI	YOGA 6 pm CAREY	ZUMBA® 6:30 pm NICOLE	CYCLE 7 pm ELI		

- If you are NEW to a class, let your instructor know and he / she will help you get set up.
- Equipment is available on a first come, first serve basis. Please do not reserve equipment
- Class must average 7 participants or the class may be discontinued or changed.

News You Can Use

Camp Cullen Family Camp Out

Join us on our Family Camp Out Trip to Camp Cullen March 27-29. Activities will include Zip lining, Arts & Crafts, Archery, Paintball, Family bonding time and much more! For more information stop by our Welcome Center.

SMART Start

READY! SET! GOAL! Sign up to meet with one of our Wellness Coaches and develop a wellness plan fit for you. This program is FREE for Facility members.

Member Referral Program

Encourage a friend to join and get a month free. It's as simple as 1-2-3!

1. **Refer a friend:** Have them bring in the referral card to any YMCA Houston YMCA and join.
2. **Your next month's membership fee is on us!**
3. **Enjoy that extra cash!**

CHILD WATCH HOURS

Monday-Friday

8:30 am-12 pm & 4:30 pm- 8 pm

Saturday

8:30 am-12 pm



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



text YMCAHouston
to 41411