



## 2023



Please be mindful of registration deadlines and cancellation policies.

Please maintain social distancing standards.

Do not attend events or activities if you are currently feeling unwell or if you have experienced flu-like symptoms, or have been in contact with someone with COVID-19.



Del Webb

THE WOODLANDS"



### THURSDAY

- Cardio Fusion 8 am (Tye)
- Body Pump 9 am (Tye)
- Low Impact Strength 10:30 am (Indira)
- Water Aerobics 11:15 am (Indira)





### Fitness Calendar



#### MONDAY

- Water Aerobics 7:30 (Indira)
- Pilates 8:30 am (Samantha)
- Stretch & Release 9:30 (Samantha)
- Low Impact Strength Training 10:30 am (Indira)
- Core 11:20 am (Indira)

### TUESDAY

- Cardio Fusion 8 am (Tye)
- Body Pump 9 am (Tye)
- Zumba/Core Low Impact-10: 30 am (Indira)
- Water Aerobics 11:15 am (Indira)

### WEDNESDAY

- Pilates 8:30 am (Samantha)
- Yoga 9:30 am (Samantha)
- Low Impact Strength Training - 10:30 am (Indira)
- Beginner Balance and Mobility - 11:30 am (Samantha)

### FRIDAY

- Full Body Circuits 7:30 am (Indira)
- Pilates 8:30 am (Samantha)
- Low Impact Strength Training - 10:30 am (Indira)
- Beginner Balance and Mobility - 11:30 am (Samantha)

### SATURDAY

- Cardio Fusion 8 am (Tye)
- Body Pump 9 am (Tye)
- Water Aerobics 10:20 am (Indira)

### Personal Training Sessions

 To set up personal training sessions call

Tye

936.520.6923

Samantha

832.786.1576











### **THURSDAY**

- Pickleball: 7am-9am
- Tennis: 8:30-10:30 am
- Water Volleyball: 1 pm (IP)
- Ping Pong Pals: 6 pm (GFR)
- Just for Fun Pickleball:7-9 pm



# SPORT CLUBS CALENDAR



### MONDAY

- Pickleball: 7am-9am
- Tennis: 8:30-10:30 am
- Ping Pong Pals: 1 pm (GFR)
- Women's Water
   Volleyball (IP): 1:30-3pm

### TUESDAY

- Pickleball: 7am-9am
- Water Volleyball: 1 pm (IP)
- Bocce: 3 pm-5 pm
- Pickleball: 5:30-7:30 pm
- Just for Fun Pickleball:7-9 pm

### WEDNESDAY

- Pickleball 7am-9am
- Tennis 8:30am 10:30am
- Ping Pong Pals 1 pm (GFR)
- Women's Water Volleyball -1:30-3pm (IP)
- Pickleball 5:30-7:30 pm
- Just for Fun Pickleball 7-9 pm

### FRIDAY

• Pickleball: 7am-9am



### SATURDAY

- Pickleball: 7am-9am
- Tennis: 8:30-10:30 am
- Bocce: 3 pm-5 pm



