



Del Webb

THE WOODLANDS™



Fitness Calendar



MONDAY

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

THURSDAY

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

FRIDAY

- 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

