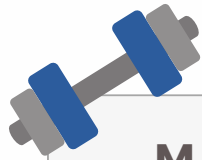




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# FITNESS CALENDAR



## MONDAY

- Pilates/Yoga Fusion - 9:30 am (Samantha)
- Low Impact Strength Training - 10:30 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 & 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 & 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**

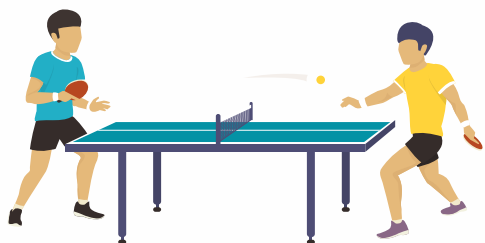
**832.786.1576**





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# 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

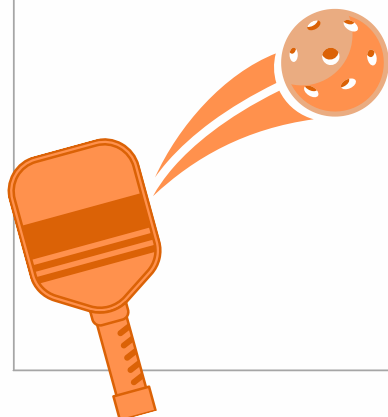
- Pickleball 7am-9am
- Tennis 8:30am - 10:30am
- Walking Group - 9:30am
- Ping Pong Pals 1 pm (GFR)
- Women's Water Volleyball - 1:30-3pm (IP)
- Pickleball - 5:30-7:30 pm
- Just for Fun Pickleball - 7-9 pm

## THURSDAY

- Pickleball: 7am-9am
- Tennis: 8:30- 10:30 am
- Water Volleyball: 1 pm (IP)
- Bocce Ball: 3pm-5pm
- Just for Fun Pickleball: 7-9 pm

## FRIDAY

- Pickleball: 7am-9am
- Ping Pong 1pm-2pm



## SATURDAY

- Pickleball: 7am-9am
- Tennis: 8:30- 10:30 am
- Ping Pong 1pm-2pm
- Bocce: 3 pm-5 pm

