

HOUSTONIAN *Life*

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Group Exercise Schedule at Pennzoil Place

DAY	CLASS TIME	CLASS	STUDIO	INSTRUCTOR	DURATION		
Monday	6:00 AM	Cycling: The Workout!	B	Angel	45 Minutes		
	6:45 AM	HardCore Abs	B	Angel	15 Minutes		
	11:15 AM	Pilates Mat	B	Michele	45 Minutes	<i>New Time!</i>	
	11:30 AM	Step NEW CLASS!!!	A	Valerie	30 Minutes		
	12:00 PM	HardCORE ABS	A	Valerie	15 Minutes		
	12:00 PM	Cycling: The Workout!	B	Jihan	45 Minutes	<i>New Time!</i>	
	12:15 PM	Cardio Bottom Line	A	Bob	45 Minutes		
	12:45 PM	HardCORE ABS	B	Jihan	15 Minutes	<i>New Time!</i>	
	5:30 PM	Muscle Cut	A	Martha	45 Minutes		
	6:15 PM	Pilates Mat (Contemporary)	A	Erik	55 Minutes		
Tuesday	6:00 AM	Core Motion	A	Shanna	55 Minutes		
	11:00 AM	Drill Max	A	Nathalie	30 Minutes		
	11:30 AM	Drill Max	A	Nathalie	30 Minutes		
	12:00 PM	Studio Cycle	B	Lance	45 Minutes		
	12:05 PM	Ashtanga Improv	A	Jesus	55 Minutes		
	12:45 PM	Core Performance	B	Lance	30 Minutes		
	2:00 PM	Total Body	B	Valerie	45 Minutes		
	5:30 PM	Studio Cycle	B	Jerry Jones	55 Minutes		
	5:30 PM	Vinyasa Core & Breath	A	Jerry Randall	55 Minutes		
	Wednesday	6:00 AM	Cycling: The Workout!	B	Angel	45 Minutes	
6:45 AM		Hard Core Abs	B	Angel	15 Minutes		
11:15 AM		Pilates Mat	B	Michele	45 Minutes	<i>New Time!</i>	
11:30 AM		Step NEW CLASS!!	A	Valerie	30 Minutes		
12:00 PM		HardCORE ABS	A	Valerie	15 Minutes		
12:00 PM		Cycling: The Workout!	B	Jerry	45 Minutes	<i>New Time!</i>	
12:15 PM		Cardio Kickboxing	A	Jihan	30 Minutes		
12:45 PM		Kickboxing Combos	A	Jihan	30 Minutes		
12:45 PM		HardCORE Abs	B	Jerry	15 Minutes	<i>New Time!</i>	
5:30 PM		Muscle Cut	A	Jihan	45 Minutes		
Thursday	6:00 AM	Cardio Kickboxing	A	Terry	30 Minutes		
	6:30 AM	Muscles	A	Terry	30 Minutes		
	11:15 AM	Muscles	A	Todd	45 Minutes		
	12:00 PM	Studio Cycle	B	Lance	45 Minutes		
	12:05 PM	Ashtanga Improv	A	Jesus	55 Minutes		
	12:45 PM	Core Performance	B	Lance	30 Minutes		
	2:00 PM	Total Body	B	Valerie	45 Minutes		
	5:30 PM	Vinyasa Core & Breath	A	Jerry Randall	55 Minutes		
	Friday	6:00 AM	Ultimate Conditioning	A	Shanna	55 Minutes	
		11:30 AM	ZUMBA!!! NEW CLASS	A	Angela	45 Minutes	
12:00 PM		Cycling: The Workout!	B	Celeste	45 Minutes		
12:15 PM		Ashtanga Improv	A	Jesus	45 Minutes		
12:45 PM		2 Guns and a Six Pack	B	Celeste	30 Minutes		
Sat.	9:30 AM	Muscle Cut	A	Marijke	45 Minutes		
	10:30 AM	Pilates Mat (Classic)	A	Marijke	55 Minutes		