

HOUSTONIAN *Lite*

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March 7, 2010

Group Exercise Schedule at Wells Fargo

DAY	CLASS TIME	CLASS	STUDIO INSTRUCTOR	DURATION
Monday	6:00 AM	Cycle Express	Terry	30 Minutes
	6:30 AM	Muscles	Terry	30 Minutes
	11:15 AM	Zumba	Angela	45 Minutes
	12:05 PM	Vinyasa Core & Breath	Jennifer	45 Minutes
	12:50 PM	Cardio Kickboxing	Jerry	45 Minutes
	6:00 PM	Muscles	Ben	55 Minutes
Tuesday	6:00 AM	Cycling: The Workout!	Yemike	60 Minutes
	11:15 AM	Power Yoga	Jennifer	45 Minutes
	12:05 PM	Power Surge Cycle	Nancy	45 Minutes
	12:50 PM	Muscles	Jerry	45 Minutes
	1:40 PM	Glider Core Performance NEW CLASS!!	Jerry	20 Minutes
	2:15 PM	High Intensity Interval Training NEW!!	Jerry	30 Minutes
	2:45 PM	HardCORE Abs NEW CLASS!!	Jerry	15 Minutes
Wednesday	6:00 AM	Cycle Express	Terry	30 Minutes
	6:30 AM	Muscles	Terry	30 Minutes
	11:15 AM	30 Minute Cycle	Lance	30 Minutes
	11:45 AM	HardCORE ABS	Lance	15 Minutes
	12:00 PM	Muscles	Marijke	45 Minutes
	12:45 PM	Pilates	Melinda	45 Minutes
4:30 PM	Restorative Yoga NEW!!	Teresa	55 Minutes	
6:00 PM	Endurance Ride	Russell	55 Minutes	
Thursday	6:00 AM	Cycling: The Workout!	Yemike	55 Minutes
	11:15 AM	Power Yoga	Olga	45 Minutes
	12:00 PM	Power Surge Cycle	Russell	45 Minutes
	12:45 PM	Drill Max	Nathalie	45 Minutes
	1:40 PM	Glider Core Performance NEW CLASS!	Jerry	20 Minutes
	2:15 PM	High Intensity Interval Training NEW!!	Jerry	30 Minutes
	2:45 PM	HardCORE Abs NEW CLASS!!	Jerry	15 Minutes
	5:30 PM	30 Minute Cycle	Jihan	30 Minutes
6:00 PM	Cardio Kickboxing	Jihan	45 Minutes	
Friday	11:30 AM	Cardio Kickboxing	Terry	45 Minutes
	12:15 PM	Pilates Conditioning	Marijke	45 Minutes