

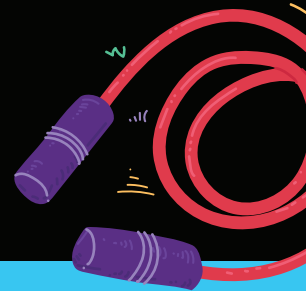
HEALTHIERHOU

with

FITJUST4U.com
Personal Training and Wellness Center

FREE!

June 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Circuit/Strength Training – 4:30 pm 5:30 pm Cardio Mix	4 Seated Yoga/Barre – 11:30 am	5 Zumba – 10:30 am Spanish/English Seated Beach Ball Cardio 12:45 – 1:15 pm Circuit/Strength Training – 4:30 pm - Indoor/Outdoor 5:30 pm Cardio Mix	6 Seated Yoga/Barre – 11:45 am Line Dancing 6pm – 7pm	7 Line Dancing – 1:00 pm	8
9	10 Circuit/Strength Training – 4:30 pm 5:30 pm Cardio Mix	11 Seated Yoga/Barre – 11:30 am	12 Zumba – 10:30 am Spanish/English Seated Beach Ball Cardio 12:45 – 1:15 pm Circuit/Strength Training – 4:30 pm - Indoor/Outdoor 5:30 pm Cardio Mix	13 Seated Yoga/Barre – 11:45 am	14 Line Dancing – 1:00 pm	15
16	17 Circuit/Strength Training – 4:30 pm 5:30 pm Cardio Mix	18 Seated Yoga/Barre – 11:30 am	19 Zumba – 10:30 am Spanish/English Seated Beach Ball Cardio 12:45 – 1:15 pm Circuit/Strength Training – 4:30 pm - Indoor/Outdoor 5:30 pm Cardio Mix	20 Seated Yoga/Barre – 11:45 am Line Dancing 6pm – 7pm	21 Line Dancing – 1:00 pm	22
23	24 Circuit/Strength Training – 4:30 pm 5:30 pm Cardio Mix	25 Seated Yoga/Barre – 11:30 am	26 Zumba – 10:30 am Spanish/English Seated Beach Ball Cardio 12:45 – 1:15 pm Circuit/Strength Training – 4:30 pm - Indoor/Outdoor 5:30 pm Cardio Mix	27 Seated Yoga/Barre – 11:45 am Line Dancing 6pm – 7pm	28 Line Dancing – 1:00 pm	29
30						

6719 W. Montgomery Rd. Houston 77091

Be Well Acres Homes

Houston Health Department's fitness classes are supported by Be Well Acres Homes. Be Well Acres Homes is an initiative of The University of Texas MD Anderson Cancer Center.

GO HEALTHY HOUSTON

HOUSTON HEALTH DEPARTMENT

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FITJUST4U.com
Personal Training and Wellness Center

GRATIS!

Junio 2024

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
26	27	28	29	30	31	1
2	3 Entrenamiento en circuito - 4:30pm Cardio Mix - 5:30 pm	4 Yoga en silla - 11:30 am	5 Zumba - 10:30 am Spanish/English Cardio con pelota de playa sentado - 12:45-1:15pm Entrenamiento en circuito - 4:30pm Cardio Mix - 5:30 pm	6 Yoga en silla - 11:45am Balle en línea - 6pm - 7pm	7 Balle en línea - 1:00 pm	8
9	10 Entrenamiento en circuito - 4:30pm Cardio Mix - 5:30 pm	11 Yoga en silla - 11:30 am	12 Zumba - 10:30 am Spanish/English Cardio con pelota de playa sentado - 12:45-1:15pm Entrenamiento en circuito - 4:30pm Cardio Mix - 5:30 pm	13 Yoga en silla - 11:45am Balle en línea - 6pm - 7pm	14 Balle en línea - 1:00 pm	15
16	17 Entrenamiento en circuito - 4:30pm Cardio Mix - 5:30 pm	18 Yoga en silla - 11:30 am	19 Zumba - 10:30 am Spanish/English Cardio con pelota de playa sentado - 12:45-1:15pm Entrenamiento en circuito - 4:30pm Cardio Mix - 5:30 pm	20 Yoga en silla - 11:45am Balle en línea - 6pm - 7pm	21 Balle en línea - 1:00 pm	22
23	24 Entrenamiento en circuito - 4:30pm Cardio Mix - 5:30 pm	25 Yoga en silla - 11:30 am	26 Zumba - 10:30 am Spanish/English Cardio con pelota de playa sentado - 12:45-1:15pm Entrenamiento en circuito - 4:30pm Cardio Mix - 5:30 pm	27 Yoga en silla - 11:45am Balle en línea - 6pm - 7pm	28 Balle en línea - 1:00 pm	29
30						

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Be Well Acres Homes

Las clases de actividad física del Houston Health Department cuentan con el apoyo de Be Well Acres Homes. Be Well Acres Homes es una iniciativa de The University of Texas MD Anderson Cancer Center.

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