

# Look What's Coming to Acres Home MSC!

6719 W. Montgomery Rd. Houston 77091



**FREE!**

## Acres Home MSC Fitness Classes and Class Descriptions

All fitness classes will be an hour in duration and designed to promote improved strength, endurance, flexibility, balance, and cardio conditioning for all age groups and fitness levels. Participants will be encouraged to attend classes a minimum of twice weekly for best results.

| CLASS NAME           | CATEGORY                                 | DESCRIPTION  | INSTRUCTOR                                 |
|----------------------|--|--|--|
| Cardio-Mix           | Endurance, Strength, Cardio Conditioning | Cardio Fit is a mixture of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Classes are fun but also challenging. Set to fun, energizing and relatable music   | Robert Myers<br>Jo Ann Goodie              |
| Kick Box- Cardio     | Endurance, Strength, Cardio Conditioning | Kick Boxing - Combination of cardio kickboxing and aerobic moves which can be done in a seated or in a standing position or modified based on audience. Program is designed to increase cardio performance. Strengthen muscles.                                      | Robert Myers                               |
| Circuit Training 101 | Strength, toning                         | A full body strength, toning, & conditioning workout using light weights, exercise bands & a variety of classic weight exercises performed in a rotation.  | Frank Kinney                               |
| Chair Yoga           | Flexibility, balance, relaxation         | A combination of exercises involving intense stretching, deep breathing. Classes are set to soft relaxing music to promote relaxation. Emphasizing lengthening & stretching of muscles.  | Angela Ashford                             |
| Sit & Be Fit         | Cardio/Strength                          | Exercises geared specifically to individuals with limited mobility. Classes combine seated aerobic moves for improved cardio conditioning and stamina with strengthening of large muscle groups using weights and/or resistance bands.                               | Angela Ashford                             |
| Zumba Gold           | Endurance Cardio                         | Zumba Gold or Chair Zumba incorporates movements taken from Latin dances like the merengue, salsa, and cha cha to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills. | Jo Ann Goodie                              |
| Line Dancing         | Cardio/Dance                             | Easy to learn group choreographed dance for all age groups & fitness levels with a wide range of music styles and choices  | Kevin Bradley<br>Deidre Ito<br>Julia Berry |

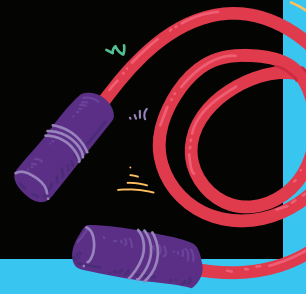


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# FREE! August 2022



| Sunday | Monday  | Tuesday                                 | Wednesday                                       | Thursday   | Friday | Saturday                                    |
|--------|---|---|---|--|--------|---|
| 31     | 1   | 2                                       | 3   | 4<br>4 pm – 5 pm<br>Small-Group Circuit<br>5:30 pm – 6:30 pm<br>Cardio Mix Aerobics  | 5      | 6<br>10:30 am – 11:30 am<br>Cardio Variety  |
| 7      | 8<br>1:30 pm – 2:30 pm<br>Kickbox Cardio<br>4 pm – 5 pm<br>Small Group Circuit<br>5:30 pm – 6:30 pm<br>Cardio Mix Aerobics  | 9<br>11:30 am – 12:30 am<br>Chair Yoga  | 10<br>1 pm – 2 pm<br>Lunch Time<br>Line Dancing | 11<br>4 pm – 5 pm<br>Small-Group Circuit<br>5:30 pm – 6:30 pm<br>Cardio Mix Aerobics | 12     | 13<br>10:30 am – 11:30 am<br>Zumba Gold     |
| 14     | 15<br>1:30 pm – 2:30 pm<br>Kickbox Cardio<br>4 pm – 5 pm<br>Small Group Circuit<br>5:30 pm – 6:30 pm<br>Cardio Mix Aerobics | 16<br>11:30 am – 12:30 am<br>Chair Yoga | 17<br>1 pm – 2 pm<br>Lunch Time<br>Line Dancing | 18<br>4 pm – 5 pm<br>Small-Group Circuit<br>5:30 pm – 6:30 pm<br>Cardio Mix Aerobics | 19     | 20<br>10:30 am – 11:30 am<br>Cardio Variety |
| 21     | 22<br>1:30 pm – 2:30 pm<br>Kickbox Cardio<br>4 pm – 5 pm<br>Small Group Circuit<br>5:30 pm – 6:30 pm<br>Cardio Mix Aerobics | 23<br>11:30 am – 12:30 am<br>Chair Yoga | 24<br>1 pm – 2 pm<br>Lunch Time<br>Line Dancing | 25<br>4 pm – 5 pm<br>Small-Group Circuit<br>5:30 pm – 6:30 pm<br>Cardio Mix Aerobics | 26     | 27<br>10:30 am – 11:30 am<br>Zumba Gold     |
| 28     | 29<br>1:30 pm – 2:30 pm<br>Kickbox Cardio<br>4 pm – 5 pm<br>Small Group Circuit<br>5:30 pm – 6:30 pm<br>Cardio Mix Aerobics | 30<br>11:30 am – 12:30 am<br>Chair Yoga | 31<br>1 pm – 2 pm<br>Lunch Time<br>Line Dancing |  |        |   |

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**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**