

HEALTHIERHOU

with

FITJUST4U.com
Personal Training and Wellness Center

FREE!

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Circuit/Strength Training – 4:30 pm Instructor: Jo Ann Cardio Mix 6:00 pm Instructor – Jo Ann	4 Holiday/Building Closed	5 Zumba – 11:30 am Spanish/English Instructor: Eloisa Blum Step Aerobics – 6pm Instructor: Jason “Jay” Easley	6 Circuit/Strength Training 4:30 pm – Jo Ann Cardio Mix – 6:00 pm Instructor: Jo Ann	7 Line Dancing – 1:00 pm Instructor: Kevin Brantley	8
9	10 Circuit/Strength Training – 4:30 pm Instructor: Jo Ann Cardio Mix 6:00 pm Instructor – Jo Ann	11 Seated Yoga/Barre – 11:30 am – Angela Ashford	12 Zumba – 11:30 am Spanish/English Instructor: Eloisa Abs/Glutes & Cardio – 6 pm Instructor: Jo Ann	13 Circuit/Strength Training 4:30 pm – Jo Ann Cardio Mix – 6:00 pm Instructor: Jo Ann	14 Line Dancing – 1:00 pm Instructor: Kevin Brantley	15
16	17 Circuit/Strength Training – 4:30 pm Instructor: Jo Ann Cardio Mix 6:00 pm Instructor – Jo Ann	18 Seated Yoga/Barre – 11:30 am – Angela Ashford	19 Zumba – 11:30 am Spanish/English Instructor: Eloisa Blum Step Aerobics – 6pm Instructor: Jason “Jay” Easley	20 Circuit/Strength Training 4:30 pm – Jo Ann Cardio Mix – 6:00 pm Instructor: Jo Ann	21 Line Dancing – 1:00 pm Instructor: Kevin Brantley	22
23	24 Circuit/Strength Training – 4:30 pm Instructor: Jo Ann Cardio Mix 6:00 pm Instructor – Jo Ann	25 Seated Yoga/Barre – 11:30 am – Angela Ashford	26 Zumba – 11:30 am Spanish/English Instructor: Eloisa Abs/Glutes & Cardio – 6 pm Instructor: Jo Ann	27 Circuit/Strength Training 4:30 pm – Jo Ann Cardio Mix – 6:00 pm Instructor: Jo Ann	28 Line Dancing – 1:00 pm Instructor: Kevin Brantley	29
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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

GRATIS!

Julio 2023

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
25	26	27	28	29	30	1
2	3 Entrenamiento en circuito- 4:30pm Instructor: Jo Ann Cardio Mix 6:00 pm Instructor - Jo Ann	4 Festivo/ Edificio cerrado	5 Zumba - 11:30 am Spanish/English Instructor: Eloisa Blum Aerobicos de paso en Ingles - 6:00m Instructor: Jason"Jay"Easley	6 Entrenamiento en circuito 4:30 pm - Jo Ann 6:00 pm Cardio Mix - Instructor: Jo Ann	7 Balle en linea - 1:00 pm Instructor: Kevin Brantley	8
9	10 Entrenamiento en circuito- 4:30pm Instructor: Jo Ann Cardio Mix 6:00 pm Instructor - Jo Ann	11 Yoga en silla - 11:30 am - Angela Ashford	12 Zumba - 11:30 am Spanish/English Instructor: Eloisa Blum Abs/Glutes & Cardio - 6:00 pm Instructor: Jo Ann	13 Entrenamiento en circuito 4:30 pm - Jo Ann 6:00 pm Cardio Mix - Instructor: Jo Ann	14 Balle en linea - 1:00 pm Instructor: Kevin Brantley	15
16	17 Juneteenth AHMSC (cerrado)	18 Yoga en silla - 11:30 am - Angela Ashford	19 Zumba - 11:30 am Spanish/English Instructor: Eloisa Blum Aerobicos de paso en Ingles - 6:00m Instructor: Jason"Jay"Easley	20 Entrenamiento en circuito 4:30 pm - Jo Ann 6:00 pm Cardio Mix - Instructor: Jo Ann	21 Balle en linea - 1:00 pm Instructor: Kevin Brantley	22
23	24 Entrenamiento en circuito- 4:30pm Instructor: Jo Ann Cardio Mix 6:00 pm Instructor - Jo Ann	25 Yoga en silla - 11:30 am - Angela Ashford	26 Zumba - 11:30 am Spanish/English Instructor: Eloisa Blum Abs/Glutes & Cardio - 6:00 pm Instructor: Jo Ann	27 Entrenamiento en circuito 4:30 pm - Jo Ann 6:00 pm Cardio Mix - Instructor: Jo Ann	28 Balle en linea - 1:00 pm Instructor: Kevin Brantley	29
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