



4826 Washington Avenue, Houston, Texas 77007

<http://www.CrewHealthandFitness.com>

713-802-CREW (2739)

Fax: 713-802-9680

Club hours: 5AM – 10PM Monday – Friday

8AM – 8PM Saturday & Sunday

a/o 10-24-08

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Cardio Cycling		Cardio Cycling				
8:30 AM			Yoga				
9:30 AM						Cycle Pilates – Beginner Reformer	
10:00 AM						Yoga	
11:00 AM							
12:00 PM		Pilates (Reformer)		Pilates (Reformer)			
1:00 PM							Belly Dance Beginners
2:00 PM							Belly Dance Intermediate
3:00 PM							Free Intro to Pilates (3 <sup>rd</sup> Sunday)
5:30 PM		Beginner Cardio Cycling		Free Intro to Pilates (1 <sup>st</sup> Thursday)			
6:00 PM	Pilates – Reformer		Pilates – Reformer				
6:00 PM	Total Conditioning & Abs		Total Conditioning & Abs				
6:30 PM		Pilates (Reformer)		Pilates – Beginner Reformer			
7:00 PM	Pilates (Reformer)		Pilates (Reformer)				
7:00 PM	Zumba	Vinyasa Yoga	Kickboxing	Vinyasa Yoga			
8:00 PM		Tai Chi					

All classes are 1 hour. Classes, times, and instructors are subject to change and/or cancellation. This class schedule can be found at [www.crewhealthandfitness.com](http://www.crewhealthandfitness.com)