



FITNESS SCHEDULE 2021

* Online Options only

** In Person Options only

*** Hybrid (Online and In-person options available)

(available options are subject to change due based on covid-19 policies)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 a.m.			Tai Chi** Fitness Room 1		Tai Chi** Fitness Room 1		
8:00 a.m.	Jazzercise*** Rec Gym Jazzercise PT*** Fitness Room 2	Jazzercise*** Rec Gym	Jazzercise*** Rec Gym Jazzercise PT*** Fitness Room 2 Tai Chi** Fitness Room 1	Jazzercise*** Rec Gym	Jazzercise*** Rec Gym Jazzercise PT*** Fitness Room 2 Tai Chi** Fitness Room 1	Jazzercise*** Rec Gym	
8:30 a.m.		Senior Fitness** Woodforest		Senior Fitness** Woodforest Beginners Tai Chi Fitness Room 2			
9:00 a.m.	Jazzercise*** Rec Gym Intermediate Senior Fitness*** Fitness Room 1	Jazzercise*** Rec Gym	Jazzercise*** Rec Gym Tai Chi** Fitness Room 1 Senior Fitness** Aldersgate	Jazzercise*** Rec Gym	Jazzercise*** Rec Gym Tai Chi** Fitness Room 1 Senior Fitness** Aldersgate	Jazzercise*** Rec Gym	
9:30 a.m.		CORE*** Fitness Room 1	CORE** Woodforest	CORE*** Fitness Room 1			
1:30 p.m.			Oorja Yoga** Woodforest				
6:15 p.m.	Jazzercise*** Fitness Room 1	Jazzercise*** Fitness Room 1		Jazzercise*** Fitness Room 1			

THE WOODLANDS UNITED METHODIST CHURCH

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