





# GROUP EXERCISE SCHEDULE

TIME	MON	TUE	WED	THUR	FRI	SAT
9:15 AM	PILATES	ZUMBA	YOGA	KICKBOXING		
10:15 AM	MUSCLE CONDITIONING	CARDIO STRENGTH	MUSCLE CONDITIONING		ZUMBA	YOGA
11:15 AM						BELLY DANCING
4:15 PM	STEP/TONE		CARDIO STRENGTH			
5:15 PM	YOGA	CARDIO CHALLENGE	ZUMBA	BELLY DANCING		
6:15 PM	BELLY DANCING		PILATES	ZUMBA		
7:15 PM			KICKBOXING	MUSCLE CONDITIONING		

## CYCLING

8:15 AM		CYCLING		CYCLING		CYCLING
9:15 AM	CYCLING	CYCLING	CYCLING	CYCLING	CYCLING	
10:15 AM	CYCLING					
7:00 PM	CYCLING	CYCLING	CYCLING			

## AQUATICS

9:15 AM	H2O	H2O		H2O		
10:00 AM						H2O
12:15 PM	H2O		H2O			
6:00 PM	H2O		H2O		H2O	
7:00 PM		H2O		H2O		

\* Class Schedules and Instructors are Subject to Change



**CLUB HOURS:** Mon - Thurs 6:00 AM - 10:00 PM  
 Friday 6:00 AM - 8:00 PM  
 Saturday 8:00 AM - 6:00 PM  
 Sunday 11:00 AM - 4:00 PM

**KIDS CLUB HOURS:** Mon - Thurs 8:00 AM - 1:00 PM & 4:00 PM - 9:00 PM  
 Friday 8:00 AM - 1:00 PM & 4:00 PM - 8:00 PM  
 Saturday 8:00 AM - 1:00 PM  
 Sunday CLOSED

**Body Pump** - A Les Mills Licensed Program taught by certified instructors using barbell equipment, fun music and great choreography. It doesn't matter your fitness level, it's a great workout for all fitness levels.



**Belly Dancing** - An extremely popular class that uses the art form of belly dancing to work your core muscles, shedding the weight while having a blast!

**Cardio Challenge** - A workout designed for all fitness levels using basic moves that get the heart pumping.

**Cardio Strength** - Weight training & cardio workout combined into one class utilizing hand weights, barbells and steps for a whole body workout.

**Cycling** - A cross training class using stationary bikes. Participants are led on various intensity intervals. Suitable for all levels.

**H2O** - Low Impact class in the water incorporating stretching, water resistance training and a cardio workout all in one.

**Kickboxing** - A martial art inspired high-energy cardio workout for the entire body incorporating some basic self-defense moves.

**Muscle Conditioning** - A full body FAT BURNING workout incorporating free weights to promote muscle strength while improving cardio and muscular endurance.

**Pilates** - A non-impact total body conditioning class that develops strength, flexibility and balance focusing on the core muscles and creating long, lean muscles without adding bulk.

**Step/Tone** - A cardio workout combined with boxing, low impact, step or weights.

**Yoga** - Beginners and advanced welcome. The class will increase flexibility, strength, and conditioning while relaxing your mind, body and soul.

**Zumba** - Drop inches and lose pounds with this exhilarating Latin Dance workout - a mixture of body sculpting movements with easy to follow dance steps.

**Membership Policies:**

Pure Fitness for Women is a "private/members only" women's workout facility, therefore you must have your Pure Fitness for Women membership card for access to the facility each/every visit. Pure Fitness for Women has the right to require a state issued photo ID for identification purposes and will maintain your photo in the member data base.

If you are a member between the ages of 12 and 15 you must have adult supervision while working out.

Workout attire and athletic footwear is recommended. (For your safety and comfort: No open toes shoes of any type, No Blue Jeans or Denim Shorts of any type, Shirts are required.

If using the wet areas you must wear swim attire (No street clothes or workout attire are allowed to be worn in the wet areas). A shower is required before using the wet area and please remember to dry yourself before leaving the area.

*Pure Fitness for Women reserves the right to notify all members of inappropriate workout attire and will ask you to change prior to gaining access to the facility.*

**Guest Policies:**

With your membership you may bring in as many guest as you like (one at a time), however the same guest may only come in once every 120 days; unless the guest was placed on a members VIP guest list.

All guests must be 18 years of age or older with a valid state issued ID; or 12-17 years of age under the supervision of a parent or legal guardian.

Guest workouts can be accommodated after 9:00 AM and before 8:00 PM Monday through Friday; after 8:00 AM and before 6:00 PM Saturday; after 11:00 AM and before 4:00 PM.

Both complimentary and paid guest workouts will be required to fill out a health risk assessment and tour the facility with a Pure Fitness for Women representative prior to using the facility.

Guests residing outside of Houston and the surrounding areas must pay the required guest fee and have a valid state issued ID or have prior management approval to use a complimentary pass.

**Helpful Hints:**

Please help us to maintain the cleanliness of the facility just as you would like others to do for you.

In the event that you don't bring your own beverage, Pure Fitness for Women has pre-workout and post-workout drinks as well as water and Gatorade...so don't forget your pocket change.

Remember to bring your swim suit and a towel as most of our clubs have wet areas (Pool, Jacuzzi, Steam Room and Dry Sauna). To use any wet area, Steam Room or Dry Sauna clothing is required.

A small towel is necessary while using the cardiovascular and machine equipment.

Lockers are for day use only. No workout bags are allowed on the floor.

If you will be using the free weights, please remember to be courteous to fellow members by re-racking your weights.

For your convenience, a changing station is located in the babysitting room. Please do not take your child(ren) into the locker rooms to change them.

**281-376-8800**

**6370 LOUETTA RD.**