



WILTON P. HEBERT HEALTH &
WELLNESS CENTER

GROUP FITNESS SCHEDULE

Real-time class schedules, class descriptions, reservations, and instructors on our mobile app. Search "CHRISTUS HWC" in your app store. More info at CHRISTUSHWC.org/mobile-app



Studio A						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Muscle Mix		Power Abs		Muscle Mix	9:30 AM Rotation Class (new each week, from: - Zumba, - Cardio Drumming - Barre Fitness - Power Drumming - Weekend Warrior ... and more! Open your mobile app for class detail
6:30 AM		Rise& Shine Yoga		Rise& Shine Yoga		
8:35 AM	Step Blast	Mat Pilates	Kickboxing	Mat Pilates	Muscle Conditioning Plus	
9:35 AM	Muscle Conditioning Plus	Zumba®	Muscle Conditioning	Choreo Step		
11:00 AM	Chair Fit	Body Focus	Chair Fit	Body Focus	Chair Fit	
12:00 PM	Muscle Mix					
4:30 PM			Muscle Conditioning			
5:35 PM	HIIT 60	Total Body Blast	Barre Fitness	Total Body Blast		

Studio B						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM		Cycling		Cycling		7:30 AM Cycling
9:35 AM		Cycle Blast		Cycle Blast		
10:00 AM					Fit Yoga	8:30 AM Yoga
12:00 PM		Yoga	Power Pilates			
4:30 PM		Cycling		Cycle Blast		
5:35 PM	Hatha Yoga	Zumba®	Hatha Yoga	Zumba®	Hatha Yoga	
6:40 PM		Fit Yoga		Yoga Flow		

Indoor Pool					
<i>Indoor pool temperature is maintained between 82°-84° to meet safety standards</i>					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Aqua Motion	Aqua Cardio	Aqua Motion	Aqua 20/20/20	
9:00 AM					HydroFun
5:35 PM	Aqua Cardio Blast	Aqua SET	Aqua Dance	Noodle News	

All classes are subject to change. For your safety we ask that you not enter class after the first 15 minutes. Use of personal music devices, recording devices, and cell phones are not allowed in group fitness areas. Schedule as of 05/01/24