

# FINS Fit Program: Spring 2025

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am-10am	<b>Cypress: Aqua Fitness 9:00am</b>	<b>Woodlands 242: Aqua Fitness 8:45am</b> <b>Atascocita: Aqua Fitness 8:30am</b>			<b>Cypress: Aqua Fitness 9:00am</b> <b>Cypress: Aqua Fitness 9:50am</b>	
10am-12pm	<b>Spring Klein: Aqua Fitness 10:00am</b> <b>Fleet: Aqua Fitness 10:00am</b> <b>Atascocita: Aqua Fitness 10:15am</b> <b>Spring Klein: Aqua Fitness 11:00am</b>	<b>Grand Parkway: Aqua Fitness 10:00am</b>		<b>Atascocita: Aqua Fitness 10:15am</b> <b>Cypress: Hydrowalking 11:00am</b>	<b>Spring Klein: Aqua Fitness 10:00am</b> <b>Spring Klein: Aqua Fitness 11:00am</b>	
12pm-2pm	<b>Spring Klein: Lap Swimming 12:00pm</b> <b>Cypress: Lap Swimming 1:00pm</b>			<b>Cypress: Lap Swimming 12:00pm</b>	<b>Spring Klein: Hydrowalking 12:00pm</b>	
2pm-4pm						
7pm-9pm	<b>Spring Klein: Aqua Fitness 8:00pm</b>	<b>Woodlands 242: Aqua Fitness 7:45pm</b> <b>Woodlands 2978: Aqua Fitness 7:45pm</b> <b>Atascocita: Aqua Fitness 8:00pm(Full)</b> <b>Cypress: Aqua Fitness 8:00pm</b>	<b>Cypress: Aqua Fitness 8:00pm</b>	<b>Atascocita: Aqua Fitness 8:00pm</b> <b>Cypress: Hydrowalking 8:00pm</b>	<b>Woodlands 242: Aqua Fitness 7:00pm</b> <b>Grand Parkway: Aqua Fitness 7:15pm</b> <b>Spring Klein: Aqua Fitness 7:00pm</b>	

## Locations:

**Atascocita:** 6900 FM 1960 Humble, TX 77346  
**Cypress:** 16634 House Hahl Rd, Cypress, TX 77433  
**FINS at Fleet:** 14654 Spring Cypress Rd, Cypress TX 77429  
**Grand Parkway North:** 4161 Riley Fuzzel Rd., Spring, TX 77386  
**Spring-Klein:** 7827 Spring Cypress Rd, Spring, TX 77379  
**The Woodlands 242:** 3707 College Park Dr, The Woodlands, TX 77384  
**The Woodlands 2978:** 30106 FM 2978 The Woodlands, TX 77354

## PLEASE READ:

All location classes are available to book into with our monthly rate. Please give us at least a one hour notice before attending an unscheduled class so we can assist in getting you on the class roster. You can reach us at 281.379.3467. Times are subject to change for a variety of reasons, including seasonally.



# FINS

# SWIM SCHOOL