

FINS Fit Program: Winter 2025

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

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.

