



CROSS CREEK
RANCH

Group Fitness Classes

CORE ESSENTIALS

TUESDAY ▪ 6:15PM

HIIT

(High Intensity Interval Training)

TUESDAY ▪ 11:00AM

BOOT CAMP

TUESDAY & THURSDAY ▪ 5:15AM

MONDAY & WEDNESDAY ▪ 6:15PM

ZUMBA

MONDAY ▪ 9:00AM

THURSDAY ▪ 6:45PM

SCULPT & TONE

THURSDAY ▪ 6:00PM

MOVEMENT & MOBILITY

THURSDAY ▪ 11:00AM

BODY BOOST

WEDNESDAY & FRIDAY ▪ 9:00AM

YOGA

TUESDAY ▪ 7:00PM

FRIDAY ▪ 9:45AM



6440 Cross Creek Bend Lane, Fulshear, TX 77441 ▪ 281-344-0078