



# HOUMA



# MAY

Whatever your goal we can make it happen.

THE sky IS THE LIMIT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1.</b> 5:00am BP Jennifer 8:00am Core Jordan 8:30am BA/BC Jennifer 9:45am BF Tiffany 5:30pm BS Janelle 5:30pm RPM Heidi	<b>2.</b> 5:00am BS Janelle 8:30am BP Jennifer 9:40am RPM Dawn 10:00am SS Cara 5:30pm Pump John	<b>3.</b> 5:00am BP Jennifer 8:00am Core Jordan 8:30am BS Janelle 9:45am BF Tiffany 5:30pm Zumba Cara/Jada	<b>4.</b> 5:00am RPM Christina 5:00am BC Abby 8:30am BP Ellen 9:40am Sprint Dawn 10:00am SS Brittany	<b>5.</b> <b>Cinco de Mayo Launch</b>
<b>7.</b> 5:00am BA Erin 8:30am BP Mary 9:20am Zumba Cara 9:40am Sprint Dawn 10:10am SS Cara 5:30pm BP John 6:20pm Zumba Jada	<b>8.</b> 5:00am BP Kyle 8:00am Core Jordan 8:30am BA/BC Jennifer 9:40am BF Tiffany 5:30pm BS Janelle 5:30pm RPM Heidi	<b>9.</b> 5:00am BS Janelle 8:30am BP Jennifer 9:40am RPM Dawn 10:00am SS Cara 5:30pm BP Ray	<b>10.</b> 5:00am BP Jennifer 8:00am Core Jordan 8:30am BS Janelle 9:45am BF Tiffany 5:30pm Zumba Cara/Jada	<b>11.</b> 5am RPM Christina 5:00am BC Abby 8:30am BP Ellen 9:40pm Sprint Dawn 10:00am SS Brittany	<b>12.</b> 8:30am RPM Heidi
<b>14.</b> 5:00am BA Jennifer 8:30am BP Mary 9:20am Zumba Cara 9:40am Sprint Dawn 10:10am SS Cara 5:30pm BP John 6:20pm Zumba Jada	<b>15.</b> 5:00am BP Kyle 8:00am Core Jordan 8:30am BA/BC Jennifer 9:45am BF Tiffany 5:30pm RPM Heidi 5:30pm BS Janelle	<b>16.</b> 5:00am BS Janelle 8:30am BP Jennifer 9:40am RPM Dawn 10:00am SS Cara 5:30pm BP Ray	<b>17.</b> 5:00am BP Jennifer 8:00am Core Jordan 8:30am BS Janelle 9:45am BF Tiffany 5:30pm Zumba Cara/Jada	<b>18.</b> 5:am RPM Christina 5:00am BC Abby 8:30am BP Ellen 9:40pm Sprint Dawn 10:00am SS Brittany	<b>19.</b> 8:30 Zumba Cara
<b>21.</b> 5:00am BA Erin 8:30am BP Mary 9:20am Zumba Cara 9:40am Sprint Dawn 10:10am SS Cara 5:30pm BP John 6:20pm Zumba Jada	<b>22.</b> 5:00am BP Kyle 8:00am Core Jordan 8:30am BA/BC Jennifer 9:45am BF Tiffany 5:30pm RPM Heidi 5:30pm BS Janelle	<b>23.</b> 5:00am BS Janelle 8:30am BP Jennifer 9:40am RPM Dawn 10:00am SS Cara 5:30pm BP Ray	<b>24.</b> 5:00am BP Jennifer 8:00am Core Jordan 8:30am BS Janelle 9:45am BF Tiffany 5:30pm Zumba Cara/Jada	<b>25.</b> 5:am RPM Christina 5:00am BC Abby 8:30am BP Ellen 9:40pm Sprint Dawn 10:00am SS Brittany	<b>26.</b> <b>MURPH CHALLENGE</b> <b>8:30 AM</b>
<b>28.</b> 5:00am BA Jennifer 8:30am BP Mary 9:20am Zumba Cara 9:40am Sprint Dawn 10:10am SS Cara 5:30pm BP John 6:20pm Zumba Jada	<b>29.</b> 5:00 am BP Kyle 8:00am Core Jordan 8:30am BA/BC Jennifer 9:45am BF Tiffany 5:30pm RPM Heidi 5:30pm BS Janelle	<b>30.</b> 5:00am BS Janelle 8:30am BP Jennifer 9:40am RPM Dawn 10:00am SS Cara 5:30pm BP Ray	<b>31.</b> 5:00am BP Jennifer 8:00am Core Jordan 8:30am BS Janelle 9:45am BF Tiffany 5:30pm Zumba Cara/Jada		

## **Workouts in a pinch!**

### WHAT IS HIIT?

HIIT is a training idea in which low to moderate intensity intervals are alternated with high intensity intervals.

HIIT can be applied to running or to exercises such as squatting. HIIT is considered to be much more effective than normal cardio because the intensity is higher and you are able to increase both your aerobic and anaerobic endurance while burning more fat than ever before.



**POST YOUR CALORIE BURN AND  
TIME TO THE WORKOUT CO  
FACEBOOK PAGE.**

## 7-MINUTE — HIIT — Workout

Do each exercise at high intensity for 30 seconds followed by a 10-second rest if needed. Repeat entire circuit up to three times.

JUMPING JACKS

WALL SIT

PUSH-UPS

CRUNCHES

CHAIR STEP-UPS

SQUATS

TRICEPS DIPS

PLANK

HIGH KNEES/RUNNING IN PLACE

LUNGES

PUSH-UP ROTATIONS

SIDE PLANK