



HOUMA



June

Whatever your goal we can make it happen.

THE sky IS THE LIMIT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 5:00am RPM Christina 5:00am BC Abby 8:30am BP Ellen 9:40am Sprint Dawn 10:00am SS Brittany	2. 8:30AM Zumba Cara
4. 5:00Am Attack Dawn 8:30Am BP Mary 9:20Am Zumba Cara 9:40Am Sprint Dawn J 10:15AM SS Cara 5:30PM BP John 6:20PM Zumba Jada	5. 5:00AM BP Kyle 8:00AM Core Kyle 8:30Am Attack Dawn R 9:45AM BF Tiffany 5:30PM RPM Dawn 5:30PM BS Janelle	6. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	7. 5:00AM BP Kyle 8:30Am BS Janelle 9:45AM BF Tiffany 5:30AM Zumba Cara/Jada	8. 5:00AM RPM Dawn J 5:00AM BC Abby 8:30AM BP Dawn R 9:40AM Sprint Dawn J 10:00Am SS Brittany	9. 8:30 AM Zumba Jada
11. 5:00AM Attack Jennifer 8:30AM BP Mary 9:20Am Zumba Cara 9:40 AM Sprint Dawn J 10:15AM SS Cara 5:30PM BP John 6:20AM Zumba Jada	12. 5:00am BP Kyle 8:00am Core Kyle 8:30am Attack Jennifer 9:45am BF Tiffany 5:30pm RPM Christina 5:30pm BS Janelle	13. 5:00am BS Janelle 8:30am BP Jennifer 9:40am RPM Dawn J 10:00am SS Cara 5:30pm BP Ray	14. 5:00am BP Jennifer 8:30AM BS Janelle 9:45AM Tiffany 5:30PM Zumba Cara/Jada	15. 5:am RPM Christina 5:00am BC Jennifer 8:30am BP Ellen 9:40pm RPM Christina 10:00am SS Brittany	16. 8:30 Zumba Brittany
18. 5:00am Attack Jennifer 8:30am BP Mary 9:20am Zumba Jada 9:40am Sprint Dawn J 10:15am SS Congetta 5:30pm BP John 6:20pm Zumba Jada	19. 5:00am BP Kyle 8:00am Core Kyle 8:30am Attack Jennifer 9:45am BF Tiffany 5:30pm RPM Dawn J 5:30pm BS Janelle	20. 5:00am BS Janelle 8:30am BP Jennifer 9:40am RPM Dawn J 10:00am SS Congetta 5:30pm BP Ray	21. 5:00AM BP Jennifer 8:30am BS Janelle 9:45am BF Tiffany 5:30pm Zumba Jada	22. 5:00AM RPM Dawn J 5:00am BC Abby 8:30am BP Dawn R 9:40pm Sprint Dawn J 10:00am SS Brittany	23. 8:30AM Zumba Brittany
25. 5:00am BA Jennifer 8:30am BP Mary 9:20am Zumba Cara 9:40am Sprint Christina 10:15am SS Cara 5:30pm BP John 6:20pm Zumba Jada	26. 5:00 am BP Kyle 8:00am Core Kyle 8:30am Attack Jennifer 9:45am BF Tiffany 5:30pm RPM Christina 5:30pm BS Janelle	27. 5:00am BS Janelle 8:30am BP Jennifer 9:40am RPM Christina 10:00am SS Cara 5:30pm BP Ray	28. 5:00AM BP Jennifer 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Jada/Cara	29. 5:00AM RPM Christina 5:00AM BC Abby 8:30AM BP Ellen 9:40AM RPM Christina 10:00AM SS Brittany	30. 8:30AM Zumba Cara

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