



HOUMA



August

Whatever your goal we can make it happen.

THE sky IS THE LIMIT

CLASSES

- BP Bodypump
- BS Bodystep
- BC Bodycombat
- BA Bodyattack
- BF Bodyflow
- SS Silver Sneakers
- RPM Cycling
- Sprint HIT Training
- Zumba Dancing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soft Launch!! August 13-18		1. 5:00AM BS Janelle 8:30AM BP Jennifer 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	2. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	3. 5:00AM RPM Christina 5:00AM BC Abby 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	4. 8:30AM Body Attack Jennifer
6. 5:00AM Attack Jennifer 8:30AM BP Mary 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:15AM SS Cara 5:30PM BP Ray 6:20PM Zumba Jada	7. 5:00AM BP Kyle 8:00AM Core Jordan 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM RPM Alec 5:30PM BS Janelle	8. 5:00AM BS Janelle 8:30AM BP Jennifer 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	9. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	10. 5:00AM RPM Christina 5:00AM BC Abby 8:30AM BP Ellen 9:40AM Sprint Alec 10:00Am SS Brittany	11. 8:30AM Zumba Jada/ Cara
13. 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 Ray 6:20AM Zumba Jada	14. 5:00AM BP Kyle 8:00AM Core Jordan 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM RPM Alec 5:30PM BS Janelle	15. 5:00AM BS Janelle 8:30Am BP Jennifer 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	16. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM Tiffany 5:30PM Zumba Cara/Jada	17. 5:00AM RPM Christina 5:00AM BC Abby 8:30AM BP Ellen 9:40AM RPM Dawn J 10:00AM SS Brittany	18. 8:30AM Body Pump Kyle
20. 5:00AM Attack Jennifer 8:30AM BP Mary 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:15AM SS Cara 5:30PM BP Ray 6:20PM Zumba Jada	21. 5:00AM BP Kyle 8:00AM Core Jordan 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM RPM Alec 5:30PM BS Janelle	22. 5:00AM BS Janelle 8:30AM BP Jennifer 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	23. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Jada/Cara	24. 5:00AM RPM Christina 5:00AM BC Abby 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	25. 8:30AM Zumba Brittany
27. 5:00AM BA Jennifer 8:30AM BP Mary 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:15AM SS Cara 5:30PM BP Ray 6:20PM Zumba Jada	28. 5:00AM BP Kyle 8:00AM Core Jordan 8:30aAM Attack Dawn R 9:45aAM BF Tiffany 5:30PM RPM Alec 5:30PM BS Janelle	29. 5:00AM BS Janelle 8:30AM BP Jennifer 10:00AM SS Cara 5:30PM BP Ray	30. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	31. 5:00AM RPM Christina 5:00AM BC Abby 8:30AM BP Ellen 9:40AM Spin Ellen 10:00AM SS 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