



HOUMA



September

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
					1. NO STAFF NO CLASS NO DAYCARE
3. HAPPY LABOR DAY!!	4. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM RPM Christina 5:30PM BS Janelle	5. 5:00AM BS Janelle 8:30AM BP Jennifer 9:40AM Sprint Alea 10:00AM SS Cara 5:30PM BP Ray	6. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	7. 5:00AM RPM Christina 5:00AM BC Abby/Dawn R 8:30AM BP Ellen 9:40AM Sprint Alea 10:00Am SS Cara	8. 8:30AM BP Kyle
10. 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	11. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM RPM Alec 5:30PM BS Janelle	12. 5:00AM BS Janelle 8:30Am BP Jennifer 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	13. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM Tiffany 5:30PM Zumba Cara/Jada	14. 5:00AM RPM Christina 5:00AM BC Abby/Dawn R 8:30AM BP Ellen 9:40AM RPM Dawn J 10:00AM SS Brittany	15. 8:30AM BA Dawn R
17. 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	18. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM Sprint Kensie 5:30PM BS Janelle	19. 5:00AM BS Janelle 8:30AM BP Jennifer 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	20. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Jada/Cara	21. 5:00AM RPM Christina 5:00AM BC Abby/Dawn R 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	22. 8:30AM BP Ray
24. 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	25. 5:00AM BP Kyle 8:00AM Core Kyle 8:30aAM Attack Dawn R 9:45aAM BF Tiffany 5:30PM Sprint Kensie 5:30PM BS Janelle	26. 5:00AM BS Janelle 8:30AM BP Jennifer 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	27. 5:00AM BP Jennifer 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	28. 5:00AM RPM Christina 5:00AM BC Abby/Dawn R 8:30AM BP Ellen 9:40AM Sprint Alea 10:00AM SS Brittany	29. 8:30AM 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