



HOUMA



November

Whatever your goal we can make it happen.

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
		Get Ready to have some FUN!! WOCOCRAZY LAUNCH! November 5-9!	1. 5:00AM BP Kyle 8:00Am Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30 Zumba Cara/ Jada	2. 5:00Am BC Karly 5:00AM RPM Angela 8:30AM BP Ellen 9:40AM RPM Dawn J 10:00AM SS Brittany	3. 8:30AM SHRED Kyle Paid Session Limited Space Available (Reserve your Spot)
5. 5:00AM BP Kyle 8:30Am BP Mary/Dawn R 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:15AM SS Cara 5:30PM Ray 6:20PM Zumba Jada/Cara Crazy 80's Dress Day!!	6. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM Attack Dawn/Cara 9:45AM BF Tiffany 5:30PM BS Janelle/Dawn R 5:30PM RPM Alec Crazy Tights/Pants Day!!	7. 5:00AM BS Janelle 8:30AM BP Dawn R/Ellen 9:40AM Sprint Dawn J 10:00AM SS Cara 5:30PM BP Ray Crazy Sock Day!!	8. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Mary/Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada Crazy Can good Day!! Wear your launch Shirts!!	9. 5:00AM BC Karly 5:00AM RPM Angela 8:30AM BP Ellen/Dawn R 9:40AM Sprint Dawn J 10:00AM SS Brittany Crazy Hair/Hat Day! Wear your Launch shirts!!	10. 8:30AM BP/BC Dawn R
12.. 5:00AM BP Kyle 8:30AM BP Mary 9:20AM Zumba Cara 9:40 AM Sprint Dawn J 10:15AM SS Cara 5:30PM BP Ray 6:20PM Zumba Jada	13.. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM Sprint Kensie	14. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	15. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada	16. 5:00AM BC Karly 5:00AM RPM Angela 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	17. 8:30AM SHRED Kyle Paid Session Limited Space Available (Reserve your Spot)
19.. 5:00AM BP Kyle 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	20.. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30AM BS Janelle 5:30PM RPM Alec	21. 5:00Am BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara No Afternoon Classes	22. Happy Thanksgiving!! (24 hour access)	23. 8:30 BP/BC Dawn R	24. Gym on 24 hour access No classes No Staff No Daycare
26. 5:00AM BP Kyle 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	27. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM Janelle 5:30PM Sprint Kensie	28.. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara	29. 5:00AM BP Kyle 8:00AM Core Kyle 8:30Am BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Jada/Cara	30. 5:00AM BC Karly 5:00AM RPM Angela 8:30AM BP Ellen 9:45AM Sprint Dawn J 10:00AM SS Brittany	

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