



# HOUMA



# December

**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
<p>3. 5:00AM BP Kyle 8:30AM BP Dawn R 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:00AM SS Cara 5:30PM BP Ray 6:20PM Zumba Jada</p>	<p>4. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Alec</p>	<p>5. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM Ray</p>	<p>6. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30 Zumba Cara/ Jada</p>	<p>7. 5:00Am BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM RPM Dawn J 10:00AM SS Brittany</p>	<p>8. <b>8:30AM SHRED Dawn</b> <b>Paid Session</b> <b>Limited Space Available</b> (Saturday Group classes) Back in January</p>
<p>10. 5:00AM BP Kyle 8:30AM BP Ellen 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:15AM SS Cara 5:30PM Ray 6:20PM Zumba Jada</p>	<p>11. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM Attack Dawn R 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM Sprint Kensie</p>	<p>12. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM Sprint Dawn J 10:00AM SS Cara 5:30PM BP Ray</p>	<p>13. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada</p>	<p>14. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany</p>	<p>15. <b>Gym on 24 hour access</b> <b>No classes</b> <b>No Staff</b> <b>No Daycare</b></p>
<p>17. 5:00AM BP Kyle 8:30AM BP Dawn R 9:20AM Zumba Cara 9:40 AM Sprint Dawn J 10:15AM SS Cara 5:30PM BP Ray 6:20PM Zumba Jada</p>	<p>18. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Alec</p>	<p>19. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray</p>	<p>20. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada</p>	<p>21. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany</p>	<p>22. <b>8:30AM SHRED Kyle</b> <b>Paid Session</b> <b>Limited Space Available</b> ( Saturday group classes) back in January</p>
<p>24. <b>Christmas Eve!!</b> <b>Gym on 24 Hour access</b> <b>No classes</b> <b>No staff</b> <b>No daycare</b></p>	<p>25. <b>MERRY CHRISTMAS!!!</b> <b>Gym on 24 Hour access</b> <b>No classes</b> <b>No staff</b> <b>No daycare</b></p>	<p>26. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray</p>	<p>27. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada</p>	<p>28. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany</p>	<p>29. <b>Gym on 24 hour access</b> <b>No classes</b> <b>No Staff</b> <b>No Daycare</b></p>
<p>31. <b>New Years Eve!!</b> <b>Gym on 24 Hour access</b> <b>No classes</b> <b>No staff</b> <b>No daycare</b></p>	<p><b>Happy New Year!!!!</b></p>	<p><b>Merry Christmas</b> <b>And Happy New Year</b> <b>From all of us at</b> <b>Workout Company!</b></p>		<p><b>Christmas Challenge</b> <b>December 1-21</b> (Check with Front Desk for details)</p>	

## **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