



HOUMA



January

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
Happy New Year!!!	1. NO CLASS NO DAYCARE NO STAFF Happy New Year!!	2. No 5AM Class 8:30AM BP Dawn R 9:40AM RPM Christina 10:00AM SS Cara 5:30PM Ray	3. 5:00AM BP Ellen 8:00Am Core JC 8:30AM BS Janelle 9:45AM BF Tiffany 5:30 Zumba Cara/ Jada	4. 5:00Am BC Karly 5:00AM RPM Christina 8:30Am BP Ellen 9:40AM RPM Dawn J 10:00AM SS Brittany	5. 8:30AM BA/BC Dawn R
7. 5:00AM BP Kyle 8:30Am BP Dawn R 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:15AM SS Cara 5:30PM Ray 6:20PM Zumba Jada	8. 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	9. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM Sprint Dawn J 10:00AM SS Cara 5:30PM BP Ray	10. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	11. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	12. 8:30AM BP Ray
14. 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	15. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Christina	16.. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	17. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada	18. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	19. 8:30AM Zumba Cara/ Jada
21. 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 6:20Am Zumba Jada	22. 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	23. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	24. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	25. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	26. 8:30AM BP Kyle
28. 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 6:20AM Zumba Jada	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	30. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	31. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45 AM BF Tiffany 5:30PM 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