



HOUMA



February

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
				1. 5:00Am BC Karly 5:00AM RPM Christina 8:30Am BP Ellen 9:40AM RPM Dawn J 10:00AM SS Brittany	2. WOCO TO THE SUPERBOWL LAUNCH! Sign up Sheets at Front Desk
4. 5:00AM BP Kyle 8:30Am BP Mary 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:15AM SS Cara 5:30PM Ray 6:20PM Zumba Jada	5. 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	6. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM Sprint Dawn J 10:00AM SS Cara 5:30PM BP Ray	7. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	8. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	9. 8:30AM SHRED Kyle Paid Session/ First time free Sign up sheet at front
11. 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	12. 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	13. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	14. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada Happy Valentines Day!!	15. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	16. 8:30AM Zumba Cara/ Jada/ Brittany
18. 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	19. 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	20. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	21. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	22. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Brittany	23. 8:30AM Body Pump Ellen
25. 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	26. 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	27. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Cara 5:30PM BP Ray	28. 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