



HOUMA



May

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		1. 5:00AM BS Janelle 8:30AM BP Dawn R. 9:40AM RPM Dawn J. 10:00AM SS Classic Cara 5:30PM BP Ray	2. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada	3. 5:00Am BC Karly 5:00AM RPM Christina 8:30Am BP Ellen 9:40AM RPM Dawn J 10:00AM SS Circuit Cara	4. Summer Beach Bash Launch!!! 8:30AM
6. 5:00AM BP Dawn R. 8:30Am BP Mary 9:20AM Zumba Cara 9:40AM Sprint Dawn J. 10:15 SS CardioFit Cara 5:30PM BP Ellen 6:20PM Zumba Jada	7. 5:00AM BA Cara/DawnR 8:00AM Core Kyle 8:30AM BA Dawn R/Cara 9:45AM BF Tiffany 5:30PM BS Janelle/Rachel 5:30PM Sprint Kensie	8.. 5:00AM BS Janelle 8:30AM BP Dawn R/Ellen 9:40AM RPM Dawn J. 10:00AM SS Classic Cara 5:30PM BP Kyle	9. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle/Rachel 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	10. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen/Dawn R. 9:40AM RPM Dawn J. 10:00AM SS Circuit Cara	11. Hip Hop Zumba 8:30AM Jada/ Cara
13. 5:00AM BP Kyle 8:30AM BP Mary/ Dawn R. 9:20AM Zumba Cara 9:40 AM Sprint Dawn J 10:15 SS Cardiofit Cara 5:30PM BP Ray 6:20PM Zumba Jada	14. 5:00AM BA Cara/Dawn R. 8:00AM Core Kyle 8:30AM BA Dawn R/ Cara 9:45AM BF Tiffany 5:30PM BS Janelle/Rachel 5:30PM RPM Christina	15. 5:00AM BS Janelle 8:30AM BP Dawn/ Ellen 9:40AM RPM Dawn J. 10:00AM SS Classic Cara 5:30PM BP Ray	16. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle/Rachel 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada	17. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Dawn J. 10:00AM CSS Circuit Cara	18. Body Pump/ Core 8:30AM Kyle
20. 5:00AM BP Kyle 8:30AM BP Mary 9:20AM Zumba Cara 9:40AM Sprint Dawn J 10:15 SS Cardiofit Cara 5:30PM BP Ray 6:20Am Zumba Jada	.21. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R 9:45AM BF Tiffany 5:30PM BS Rachel 5:30PM Sprint Dawn J.	22. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM RPM Dawn J 10:00AM SS Classic Cara 5:30PM BP Ray	23. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	24. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Circuit Cara	25. MURPH CHALLENGE Kyle 8:30AM
27. HAPPY MEMORIAL DAY!!!! No Class/Staff/Daycare	28. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R. 9:45 AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Christina	29. 5:00AM BS Janelle 8:30AM BP Dawn R. 9:40AM RPM Christina 10:00AM SS Classic Cara 5:30PM BP Ray	30. 5:00Am BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45 AM BF Tiffany 5:30PM Zumba Cara/Jada	31. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Circuit Cara	

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