



HOUMA



August

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
Wild About WOCO Soft Launch August 12-16!!			1. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Deanna 5:30PM Zumba Cara/	2. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	3. RPM 8:30AM Christina
5. 5:00AM BP Kyle 8:30AM BP Mary 9:20AM Zumba Cara 9:30AM RPM Christina 10:15 SS CardioFit Cara 5:30PM BP Ray 6:20PM Zumba Jada	6. 5:00AM BA Cara/Liz 8:00AM Core Kyle 8:30AM BA Dawn R 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM Sprint Kensie	7. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Ray/Elizabeth	8. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	9. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	10. Body Attack/ Body Combat Combo 8:30AM Dawn R.
12. 5:00AM BP Kyle 8:30AM BP Mary/Dawn R. 9:20AM Zumba Cara 9:30AM RPM Dawn J. 10:15 SS Cardiofit Cara 5:30PM BP Ray/ Elizabeth 6:20PM Zumba Jada Launch Week, Wild About WOCO!!!	13. 5:00AM BA Cara/ Liz 8:00AM Core Kyle 8:30AM BA Dawn/ Cara 9:45AM BF Tiffany 5:30PM BS Mary/ Janelle 5:30PM RPM Christina Launch Week, Wild About WOCO!!!	14. 5:00AM BS Janelle 8:30AM Dawn R/ Ellen 9:40AM Sprint Dawn J. 10:00AM SS Classic Cara 5:30PM BP Ray/Elizabeth Launch Week, Wild About WOCO!!!	15. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Mary/ Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada Launch Week, Wild About WOCO!!!	16. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen/Dawn 9:40AM Sprint Dawn J. 10:00AM SS Ellen Launch Week, Wild About WOCO!!!	17. Hip Hop Zumba Cara/ Jada 8:30AM
19. 5:00AM BP Kyle 8:30AM BP Mary 9:20AM Zumba Cara 9:30AM RPM Dawn J. 10:15 SS Cardiofit Cara 5:30PM BP Ray 6:20Am Zumba Jada	20. 5:00AM BA Cara/ Liz 8:00AM Core Kyle 8:30AM BA Dawn/ Cara 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM Sprint Kensie	21. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Elizabeth	22. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/jada	23. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Ellen	24. Body Pump Elizabeth C. 8:30AM
26. 5:00AM BP Kyle 8:30AM BP Mary 9:20AM Zumba Cara 9:30AM RPM Dawn J. 10:15AM SS Cardiofit Cara 5:30PM BP Ray 6:20AM Zumba Jada	27. 5:00AM BA Liz 8:00AM Core Kyle 8:30AM BA Dawn R. 9:45 AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Christina	28. 5:00AM BS Dawn R. 8:30AM BP/CX Dawn R. 9:40AM Sprint Dawn J. 10:00AM SS Classic Cara 5:30PM BP Elizabeth	29. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30Am Zumba Cara/ Jada	30. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Elizabeth C. 9:40AM Sprint Dawn J 10:00 SS Cara	31. Happy Labor Day!! No Classes, Staff, Daycare Gym 24 Hour Access

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