



# HOUMA



July

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>1. 5:00AM BP Kyle 8:30AM BP Mary 9:20AM Zumba Jada 9:30AM Sprint Lance 10:15AM SS Ellen 5:30PM BP Ray 6:20PM Zumba Jada</p>	<p>2. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R 9:40AM BF Deanna 5:30PM BS Janelle 5:30PM RPM Kensie</p>	<p>3. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM Ray</p>	<p>4. <b>Happy 4TH Of July!!</b> Gym Closed No Staff, No Class, No Daycare</p>	<p>5. Gym Closed No Staff No Daycare No Classes</p>	<p>6. Gym Closed No staff No Day Care No Classes</p>
<p>8. 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</p>	<p>9. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R 9:45AM BF Deanna 5:30PM BS Janelle 5:30PM Sprint Kensie</p>	<p>10. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Ray</p>	<p>11. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Deanna 5:30PM Zumba Cara/Jada</p>	<p>12. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen</p>	<p>13. <b>RPM</b> <b>Christina</b> <b>8:30AM</b></p>
<p>15. 5:00AM BP Kyle 8:30AM BP Mary 9:20AM Zumba Cara 9:30AM Sprint Rhonda 10:15 SS Cardiofit Cara 5:30PM BP Ray 6:20PM Zumba Jada</p>	<p>16. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R 9:45AM BF Deanna 5:30PM BS Janelle 5:30PM RPM Christina</p>	<p>17. 5:00AM BS Janelle 8:30AM BP/CX Dawn R. 9:40AM RPM Christina 10:00AM SS Classic Cara 5:30PM BP Ray</p>	<p>18. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Deanna 5:30PM Zumba Cara/ Jada</p>	<p>19. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM RPM Christina 10:00AM SS Ellen</p>	<p>20. <b>Shred/ Core</b> <b>Kyle</b> <b>8:30AM</b> <b>(Free Class)</b></p>
<p>22. 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 6:20Am Zumba Jada</p>	<p>23. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R 9:45AM BF Deanna 5:30PM BS Janelle 5:30PM RPM Christina</p>	<p>24. 5:00AM BS Janelle 8:30AM BP Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Ray</p>	<p>25. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Deanna 5:30PM Zumba Cara</p>	<p>26. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Ellen</p>	<p>27. <b>Body Pump</b> <b>8:30AM</b> <b>Ellen</b></p>
<p>29. 5:00AM BP Kyle 8:30AM BP Mary 9:20AM Zumba Cara 9:30AM RPM Christina 10:00AM SS Cara 5:30PM BP Ray 6:20AM Zumba Jada</p>	<p>30. 5:00AM BA Cara 8:00AM Core Kyle 8:30AM BA Dawn R. 9:45 AM BF Deanna 5:30PM BS Janelle 5:30PM RPM Christina</p>	<p>31. 5:00AM BS Janelle 8:30AM BP Ellen 9:40AM RPM Christina 10:00AM SS Classic Cara 5:30PM BP Ray</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