



# HOUMA



# November

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
				<b>1.</b> 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen/Dawn 9:40AM Sprint Dawn J. 10:00AM SS Ellen	<b>2.</b> <b>Body Combat</b> <b>8:30AM Karly</b>
<b>4.</b> 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 6:20PM Zumba Jada	<b>5.</b> 5:00AM BA Liz 8:00AM Core Kyle 8:30AM BA/BC Cara/Dawn R. 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Christina	<b>6.</b> 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Elizabeth	<b>7.</b> 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	<b>8.</b> 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	<b>9.</b> <b>Body Pump</b> <b>Elizabeth</b> <b>8:30AM</b>
<b>11.</b> 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 6:20PM Zumba Jada	<b>12.</b> 5:00AM BA Liz 8:00AM Core Kyle 8:30AM BA/BC Cara/Dawn 9:45AM BF Tiffany 5:30PM BC Karly 5:30PM Sprint Kensie	<b>13.</b> 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J. 10:00AM SS Classic Cara 5:30PM BP Elizabeth	<b>14.</b> 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada	<b>15.</b> 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	<b>16.</b> <b>Body Step</b> <b>8:30AM Dawn R.</b>
<b>18.</b> 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	<b>19.</b> 5:00AM BA Liz 8:00AM Core Kyle 8:30AM BC/BA Dawn/Cara 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Christina	<b>20.</b> 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Elizabeth	<b>21.</b> 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Jada/Cara	<b>22.</b> 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM RPM Dawn J. 10:00AM SS Ellen	<b>23.</b> <b>Hip Hop Zumba</b> <b>Jada/ Cara</b>
<b>25.</b> 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	<b>26.</b> 5:00AM BA Liz 8:00AM Core Kyle 8:30AM BC/BA Dawn/Cara 9:45 AM BF Tiffany 5:30PM BC Karly 5:30PM Sprint Kensie	<b>27.</b> 5:00AM BS Janelle 8:30AM BP/CX Dawn R. 9:40AM Sprint Dawn J. 10:00 SS Classic Cara 5:30PM BP Elizabeth	<b>28.</b> <b>Happy Thanksgiving!!</b> <b>NO Classes, Staff,</b> <b>And Daycare</b>	<b>29.</b> <b>8:30am BP Ellen</b> <b>NO Daycare</b>	<b>No Classes</b> <b>No Staff</b> <b>No daycare</b>

## **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