

Whatever your goal we can make it happen.

# **HOUMA**



### **October**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
py Halloween!!! Dress Up on alloween day!!	I. 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	2. 5:00AM BS Janelle 8:30AM BP/CX Dawn R. 9:40AM Sprint Dawn J. 10:00AM SS Classic Cara 5:30PM BP Elizabeth	3 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/Jada	4. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	5. Body Attack 8:30AM Liz
:00AM BP Kyle :30Am BP Mary :20AM Zumba Cara :30AM RPM Dawn J. 0:15 SS CardioFit Cara :30PM BP Ray :20PM Zumba Jada	8. 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	9. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Elizabeth	10. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara	11. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	Body Pump Ray 8:30AM
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AM BP Kyle IAM BP Mary IAM Zumba Cara IAM RPM Dawn J. 5AM SS Cardiofit Cara IPM BP Ray IAM Zumba Jada	29. 5:00AM BA Liz 8:00AM Core Tiffany 8:30AM BC/BA Dawn/Cara 9:45 AM BF Tiffany 5:30PM BC Karly 5:30PM Sprint Kensie	30. 5:00AM BS Janelle 8:30AM BP/CX Dawn R. 9:40AM Sprint Dawn J. 10:00 SS Classic Cara 5:30PM BP Elizabeth Dress up in costume!!	31. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany NO Afternoon Classes Dress in your Costume for Class	Happy Halloween!! Dress up in Costume on On OCT 30-31 and No Afternoon Classes !!	
	Py Halloween!!!  Oress Up on alloween day!!  OOAM BP Kyle  30Am BP Mary  20AM Zumba Cara  30AM RPM Dawn J.  0:15 SS CardioFit Cara  30AM BP Kyle  40AM BP Mary  20AM Zumba Cara  40AM RPM Dawn J.  2:15 SS Cardiofit Cara  40AM RPM Dawn J.  2:15 SS Cardiofit Cara  40AM RPM Dawn J.  2:15 SS Cardiofit Cara  40AM BP Kyle  30AM RPM Dawn J.  3:15 SS Cardiofit Cara  40AM BP Kyle  40AM BP Mary  420AM Zumba Cara  430AM RPM Dawn J.  430AM RPM Dawn J.  430AM RPM Dawn J.  440 BP Kyle  450AM Zumba Jada  450AM RPM Dawn J.  450AM SS Cardiofit Cara  450AM SS Cardiofit Cara	I. 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  8. 5:00AM BA Liz 8:00AM Core Kyle 8:30AM BP Kyle 8:30AM BA Liz 8:00AM Core Kyle 8:30AM BA Liz 8:00AM Core Kyle 8:30AM BA/BC Cara/Dawn R. 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM BP Ray 2:20PM Zumba Jada  15. 5:00AM BA Liz 8:00AM Core Kyle 8:30AM BA/BC Cara/Dawn R. 9:45AM BF Tiffany 5:30PM BA Liz 8:00AM Core Kyle 8:30AM BA/BC Cara/Dawn 9:45AM BF Tiffany 5:30PM BC Karly 5:30PM BF Tiffany 5:30PM BC Karly	Py Halloween!!!  1. 5:00AM BA Liz 8:00AM Core Kyle 8:30AM BA/BC Cara/Dawn 9:45AM BF Tiffany 5:30PM BC Karly 5:30PM BP Kyle 30AM BP Mary 20AM Zumba Cara 30AM RPM Dawn J. 5:50PM BP Mary 20AM Zumba Gara 20AM BP Kyle 00AM BP Kyle	y Halloween!!!  I. 5:00AM BA Liz B:00AM Core Kyle B:30AM BA/BC Cara/Dawn Alloween day!!  S:30PM BC Karly S:30PM BC Karly S:30PM BP Kyle 30AM BP Mary 20AM Zumba Cara 30AM BP Kyle 30AM BP Mary 30AM BP Kyle 30AM BP Ky	y Halloween!!!  I. S-00AM BA Liz 8-00AM Core Kyle 8-30AM BB/CC Cara/Dawn 9-45AM BF Tiffany 5-30PM Bom Kary S-30PM Sprint Kensie  DOAM BP Kyle 30AM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 30AM BP Mary 30AM BP Mary 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 20AM Zumba Jada  DOAM BP Kyle 30AM BP Mary 30

#### **CLASSES**

BP Bodypump

BS Bodystep

BC Bodycombat BA Bodyattack

BF Bodyflow

S Silver Sneakers

RPM Cycling
Sprint HIT Training
Zumba Dancing

## Workouts in a pinch!

#### WHAT IS HIIT?

HIIT is a training idea in which low to moderate intensity intervals are alternated with <u>high intensity intervals</u>.

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.



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