



HOUMA



October

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
Happy Halloween!!! Dress Up on Halloween day!!	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 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
7. 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	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	12.. Body Pump Ray 8:30AM
14. 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 Elizabeth 6:20PM Zumba Jada	15. 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	16. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J. 10:00AM SS Classic Cara 5:30PM BP Ray	17. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Cara/ Jada	18. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	19. RPM 8:30AM Christina
21. 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	22. 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	23. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Elizabeth	24. 5:00AM BP Kyle 8:00AM Core Kyle 8:30AM BS Janelle 9:45AM BF Tiffany 5:30PM Zumba Jada/Cara	25. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM RPM Angella 10:00AM SS Ellen	26. Shred Challenge 8:30AM Kyle
28. 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	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 !!	

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