



HOUMA



January

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 New Year!!	2. 5:00AM BP Tiffany 8:00AM Core Cobie 8:30AM BS Janelle 9:45AM BF Tiffany 5:00PM Core Cobie 5:30PM Zumba Cara/Jada	3. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM RPM Christina 10:00AM SS Ellen	4. Body Pump Elizabeth C. 8:30AM
6. 5:00AM BP Tiffany 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	7. 5:00AM BA Liz 8:00AM Core Cobie 8:30AM BA/BC Cara/Dawn R. 9:45AM BF Tiffany 5:30PM BC Karly 5:30PM Sprint Kensie	8. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J 10:00AM SS Classic Cara 5:30PM BP Elizabeth	9. 5:00AM BP Tiffany 8:00AM Core Cobie 8:30AM BS Janelle 9:45AM BF Tiffany 5:00PM Core Cobie 5:30PM Zumba Cara/Jada	10. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	11.. RPM Christina 8:30AM
13. 5:00AM BP Tiffany 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	14. 5:00AM BA Liz 8:00AM Core Cobie 8:30AM BA/BC Cara/Dawn 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Christina	15. 5:00AM BS Janelle 8:30AM BP/CX Dawn R 9:40AM Sprint Dawn J. 10:00AM SS Classic Cara 5:30PM BP Elizabeth	16. 5:00AM BP Tiffany 8:00AM Core Cobie 8:30AM BS Janelle 9:45AM BF Tiffany 5:00PM Core Cobie 5:30PM Zumba Cara/ Jada	17. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	18. Body Attack Liz 8:30AM
20. 5:00AM BP Tiffany 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	21. 5:00AM BA Liz 8:00AM Core Cobie 8:30AM BA Cara 9:45AM BF Tiffany 5:30PM BC Karly 5:30PM Sprint Kensie	22. 5:00AM BS Janelle 8:30AM BP/CX Dawn R. 9:40AM Sprint Dawn J. 10:00AM SS Cara 5:30PM BP Elizabeth	23. 5:00AM BP Tiffany 8:00AM Core Colbie 8:30AM BS Janelle 9:45AM BF Tiffany 5:00PM Core Cobie 5:30PM Zumba Cara/jada	24. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J 10:00AM SS Ellen	25. LAUNCH
27. 5:00AM BP Tiffany 8:30AM BP Mary 9:20AM Zumba Cara 9:30AM RPM Dawn J. 10:15AM SS Cardiofit Cara 5:30PM BP Ray	28. 5:00AM Liz 8:00AM Core Cobie 8:30AM BA/BC Cara/ Dawn R. 9:45AM BF Tiffany 5:30PM BS Janelle 5:30PM RPM Christina	29. 5:00AM BS Janelle 8:30AM BP/CX Dawn 9:40M Sprint Dawn J. 10:00AM SS Cara 5:30AM BP Elizabeth	30. 5:00AM BP Tiffany 8:00AM Core Cobie 8:30AM BS Janelle 9:45 AM BF Tiffany 5:00PM Core Cobie 5:30PM Zumba Cara/Jada	31. 5:00AM BC Karly 5:00AM RPM Christina 8:30AM BP Ellen 9:40AM Sprint Dawn J. 10:00AM SS Ellen	

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