



HOUMA



October

**Save the Date!!
Nov.7th!!
Hiking in
Tunica Falls**

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
Join us for our "Saturday Class!! Zumba and Hip Hop!!!	Save the Date!!!! Nov. 7TH WOCO goes Hiking in Tunica Falls!!!	HIT is Back!! Tuesday's 5:30PM	1. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 5:30PM Zumba Cara/Jada	2. 5:00AM RPM Christina 8:30AM BP Ellen	3.
5. 5AM BP Karly/ Tiffany 8:30AM BP Mary 5:30PM BP Ray	6. 5:00AM BC Karly 8:30AM BA/BC Cara/Dawn R. 9:30AM BF Tiffany 10:30AM SS Cardio Fit Cara 5:30PM Sprint Kensie 5:30PM HIT Trey	7. 5:00AM BS Janelle 8:30AM BP Dawn R 9:30AM Sprint Dawn J 5:30PM BP John F	8. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 10:30AM SS Ellen 5:30PM Zumba Cara/Jada	9. 5:00AM RPM Christina 8:30AM BP Ellen	10.
12. 5:00AM BP Tiffany/Karly 8:30AM BP Mary 5:30PM BP Ray	13. 5:00AM BC Karly 8:30AM BA Cara 10:30AM SS Cardio fit Cara 9:30AM BF Tiffany 5:30PM Sprint Kensie 5:30PM HIT Trey	14. 5:00AM BS Janelle 8:30AM BP Dawn R 9:30AM Sprint Dawn J. 5:30PM BP John F	15. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 10:30AM SS Ellen 5:30PM Zumba Cara/ Jada	16. 5:00AM RPM Christina 8:30AM BP Ellen	17. Zumba/ HIP HOP 8:30AM Jada/ Cara
19. 5:00AM BP Tiffany/Karly 8:30AM BP Mary 5:30PM BP Ray	20. 5:00AM BC Karly 8:30AM BA/BC Cara/Dawn 10:30AM SS cardio fit Cara 9:30AM BF Tiffany 5:30PM Sprint Kensie 5:30PM HIT Trey	21. 5:00AM BS Janelle 8:30AM BP Dawn R. 9:30AM Sprint Dawn J. 5:30PM BP John F	22. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 10:30AM SS Ellen 5:30PM Zumba Cara/jada	23. 5:00AM RPM Christina 8:30AM BP Ellen	24.
26. 5:00AM BP Tiffany/Karly 8:30AM BP Mary 5:30PM BP Ray Dress Halloween for the week!!!	27. 5:00AM BC Karly 8:30AM BA/BC Cara/Dawn R 9:30AM BF Tiffany 10:30AM SS Cardio Fit Cara 5:30PM Sprint Kensie 5:30PM HIT Trey	28. 5:00AM BS Janelle 8:30AM BP Dawn R 9:30AM Sprint Dawn 5:30PM BP John F	29. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 10:30AM SS Ellen 5:30PM Zumba Cara	30. 5:00AM RPM Christina 8:30 AM BP Ellen Wear your costumes!!!! Happy Halloween!!!	Happy Halloween!!!

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