


AUGUST 2017

HEALTHPLUS FITNESS CENTER



Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		<b>BODY PUMP</b> LYNNE		<b>BODY PUMP</b> ALI		<b>BODY PUMP</b> AMANDA	
8:10 AM		<b>ZUMBA</b> KIM	<b>BODY PUMP</b> STACEY 1: Amanda	<b>ZUMBA</b> SEAN	<b>BODY PUMP</b> ABBIE	<b>ZUMBA</b> JAMILA	<i>Wild Card</i> 5 Strong – Sean-Robin M 12 Step combos - Robin 19 Zumba – Leigh Anne 26 Body Attack - Abbie
9:15 AM		<i>Plates</i> BECKY	Circuits LYNNE	<i>Plates</i> BECKY	<b>TABATA TIMING</b> <b>ROBIN</b> 31: Lynne	<b>BODY ATTACK</b> ABBIE	<b>BODY PUMP</b> 5 Robin 12 Sean 19 Ali 26 Amanda
10:30 AM		Low Impact LYNNE	Yoga Basics ROBIN	Low Impact LYNNE	Yoga Basics BRENDA	<b>ZUMBA Gold</b> KIM	Yoga Basics 5 Hannah 12 Robin 19 Robin
2:00 PM	<b>ZUMBA</b> 6 Sean 13 Robin M 20 Kim 27 Lyn						
3:15 PM	<b>BODY PUMP</b> 6 Amanda 13 Stacey 20 Abbie 27 Robin						
4:30 PM	Yoga Basics ROBIN -----	<b>BODY ATTACK</b> ABBIE	<b>BODY PUMP</b> ABBIE	<i>RIPPED!</i> LYNNE 16: Hannah	<b>BODY PUMP</b> STACEY 3: Abbie		
5:00 PM			<b>BOOT CAMP</b> On the track HANNAH				
5:35 PM		<b>BODY PUMP</b> ABBIE		<b>STRONG</b> ROBIN M & SEAN	Yoga Basics HANNAH 10: Brenda		
6:05 PM			<b>ZUMBA</b> JAMILA				
6:40 PM		<b>ZUMBA + SEAN</b>					
6:45 PM					<b>BODY PUMP</b> ROBIN 31: Liz		
7:45 PM			<b>BODY PUMP</b> ROBIN				

Sunday classes are back!



**ZUMBA**

AUGUST 2017

CYCLING/RPM

HEALTHPLUS FITNESS CENTER

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:15 AM					RPM ALI		
8:10 AM							<b>Cycling</b> 5 Popeye "90" 12 Ali 19 Amanda 26 Ali
9:00 AM		RPM AMANDA		RPM LYNNE		RPM POPEYE BILL	
9:15 AM			RPM AMANDA				
4:30 PM		RPM POPEYE BILL		RPM DWAYNE			
5:35 PM					RPM POPEYE BILL		
5:45 PM			RPM POPEYE BILL				

## August HP Challenge

Wake up early and join Ali on Thursdays at 5:15 am. Get your day started right!

AUGUST 2017

AQUA EXERCISE-POOL

HEALTHPLUS FITNESS CENTER

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:15 AM		Water in Motion  STACEY 7: Robin	Water in Motion  ROBIN	Tabata Timing  ROBIN	Water in Motion  STACEY 3: Hannah	Water in Motion  ROBIN	Instructor's Choice  5 Hannah 12 Tabata Timing 19 Aqua Zumba 26 Robin
11:00 AM		Stretch Your Body  HANNAH 14: Brenda		Stretch Your Body  BRENDA		Stretch Your Body  HANNAH 11: Brenda	
1:00 PM		Senior Water  HANNAH 14: Brenda		Senior Water  BRENDA		Senior Water  HANNAH 11:Brenda	
5:35 PM					Tabata Timing  ROBIN 31: No class		

•Brunch & Munch •

**Friday August 25<sup>th</sup> in the coffee area**

**All are welcome to join the social**

**Bring a snack to share**