

JUNE 2018

HEALTHPLUS FITNESS CENTER

Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		BODY PUMP LIZ		BODY PUMP LYNNE		BODY PUMP AMANDA	
5:45 AM			ZUMBA ROBIN				
8:10 AM		ZUMBA 4, 25: Allison 11, 18: Lyn	BODY PUMP ABBIE 19: Stacey	ZUMBA SEAN	BODY PUMP STACEY	STRONG SEAN	2 BA: Abbie 9 Strong: Sean & Robin 16 BA: Amanda 23 Strong: Sean & Robin 30 BA: Liz
9:15 AM		<i>Plates</i> BECKY	<i>Circuits</i> LYNNE	<i>Plates</i> BECKY	STRONG ABI	BODY ATTACK ABBIE 22: Brandi	BODY PUMP 2 Robin 9 Abbie 16 Brandi 23 Robin 30 Stacey
10:30 AM		Low Impact LYNNE	Yoga Basics ROBIN	Low Impact LYNNE	Yoga Basics BRENDA	ZUMBA Gold LYN 8, 15: Allison	Yoga Basics 2 Robin 9 Bea 16 Brenda 23 Robin 30 Greshanda
2:00 PM							
3:15 PM							
4:30 PM		BODY ATTACK ABBIE 18: Brandi	BODY PUMP LIZ	TABATA TIMING SARA 6: Armon	BODY PUMP ABBIE 21: Brandi		
5:35 PM		BODY PUMP STACEY	TABATA TIMING ARMON	STRONG SEAN & ROBIN	BODY ATTACK LIZ 21: Brandi		
6:00 PM						2 hour party ZUMBA JUNE 28TH	
6:45 PM		ZUMBA + SEAN			BODY PUMP ROBIN		
7:45 PM			BODY PUMP ROBIN				

June 9
Celebrate!
Take a one
mile walk as
a part of our
Fight Cancer
Program.
Begins at
9:00 am at
the HP pond.
Silent
auction will
end at 1:00
pm.



BID!

**Sunday
classes
will
return
in the
fall.**



**• 2 hour •
ZUMBA®
Party
June 28
6-8 PM**



JUNE 2018 v. 2

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 DANIEL		RPM AMANDA		
8:10 AM							RPM 2 Daniel 9 Liz 16 Armon 23 Ali 30 Amanda
9:00 AM		RPM AMANDA 25: Ann		RPM LYNNE		RPM ANN	
9:15 AM			RPM AMANDA 26: Armon				
4:30 PM				RPM LIZ			
5:35 PM					RPM ARMON/ROBIN		



RPM is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness. RPM is a great way to build up your sense of personal achievement. You can draw on the group's energy and find your rhythm in the music. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race! Join our motivating and supportive RPM team of instructors.

JUNE 2018

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	Water in Motion ROBIN 26: Water in Motion Launch	Tabata Timing ROBIN	Water in Motion STACEY	Water in Motion ROBIN 8: Stacey	Instructor's Choice 2 Stacey 9 Armon 16 Sara 23 Lyn 30 Brenda
11:00 AM		Stretch Your Body ARMON		Stretch Your Body BRENDA		Stretch Your Body SARA 1, 8: Armon	
1:00 PM		Senior Water ARMON		Senior Water BRENDA		Senior Water ARMON 1: Platinum WIM	

•Brunch & Munch is scheduled for Friday June 22 at 10:30 am. Please bring something to share and a friend! We will meet in the coffee area. EVERYONE is invited.

What are you doing at 1:00 pm on Friday June 1? Come try Water in Motion Platinum

Water in Motion 34 • Launch June 26 @ 9:15!

We need your opinion. Would you be interested in Aqua Zumba on Thursdays at 8:00 am beginning in the fall?
