









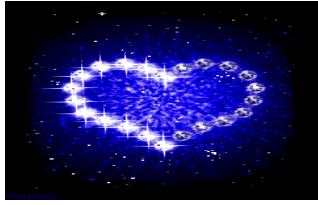


Health Plus Group Fitness

FEBRUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:15 am	 Brandi		 Brandi (45 min)		 Amanda	8:10 am	CARDIO 2: Strong-Sean 9: Attack-Abbie 16: Step-Liz D. 23: Circuits-Jamie
8:10 am	ZUMBA Kim	 Abbie	ZUMBA Sean	 Stacey	STRONG Sean 1: Bea-Step	9:15 am	BODYPUMP 2: Amanda 9: Abbie 16: Liz 23: Brandi
9:15 am	*PILATES* Becky	STRONG Abi	*PILATES* Becky	STRONG Abi	Circuits on the Track Jamie	 Abbie	10:30 am *YOGA BASICS* 2: Brenda 9: Robin K. 16: Brenda 23: Greshanda
10:30 am	*LOW IMPACT* Liz D.	*YOGA* BASICS Robin K.	*LOW IMPACT* Liz D.	*YOGA* BASICS Brenda	*ZUMBA Gold* Kim	SUNDAY	
4:30 pm	 Abbie	 Liz H.	TABATA TIMING Sara	 Abbie	*ZUMBA Gold* Lyn		
5:35 pm	 Abbie	TABATA TIMING Armon	STRONG Sean & Robin M.	ZUMBA Robin M. 7: Jamila		3:15 pm	*YOGA BASICS* 3: Robin K 10: Bea 17: Brenda 24: Bea
6:45 pm	ZUMBA Sean	ZUMBA Jamila		*INTRO TO CYCLING/YOGA BASICS Robin K 14: No class	*NEW ZUMBA CLASS TUESDAYS AT 6:45 PM AND NEW CIRCUITS CLASS 9:15 AM THURSDAYS!!!! *ALL CLASSES MARKED WITH AN **INDICATE A LOW IMPACT CLASS *ALL CLASSES HAVE LOW IMPACT OPTIONS ALL GROUP FITNESS CLASSES ARE FREE!!		

FEBRUARY 2019

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: Liz 9: Ann 16: Daniel 23: Amanda
9:00 AM		RPM AMANDA		RPM ANN 13: Armon		RPM ANN	
9:15 AM			RPM AMANDA				
4:30 PM				RPM LIZ H.			Nursery Hours Mon-Thurs: 8am-12:30pm 3:30pm-6:30pm Fri: 8am-12:30pm Sat: 8am-11am Sun: Closed
5:35 PM					RPM ARMON/ROBIN K		




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.

FEBRUARY 2019

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		Aqua Zumba LYN 11: Robin	Water in Motion ROBIN K	Tabata Timing ROBIN K 13: Lyn	Aqua Zumba LYN	Water in Motion ROBIN K	Instructor's Choice 2: Robin K 9: Sara 16: Brenda 23: Stacey
11:00 AM		Stretch Your Body ARMON		Stretch Your Body SARA		Stretch Your Body BRENDA	
1:00 PM		Senior Water BRENDA		Senior Water ARMON		Senior Water ARMON	Nursery Hours Mon-Thurs: 8am-12:30pm 3:30pm-6:30pm Fri: 8am-12:30pm Sat: 8am-11am Sun: Closed
5:30 PM		Instructor's Choice 4: Stacey 11: Armon 18: Sara 25: Brenda					

** MOST water classes on the schedule are considered "low impact"*

**•Brunch & Munch is Friday, February 22nd at 10:30 am in the lounge.
Please bring something to share with a friend! EVERYONE is invited.**
