

AUGUST 2018

HEALTHPLUS FITNESS CENTER

Group Fitness Schedule

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5:15 AM		BODY PUMP AMANDA		BODY PUMP LYNNE		BODY PUMP AMANDA	
5:45 PM			ZUMBA ROBIN M				
8:10 AM		ZUMBA KIM	BODY PUMP ABBIE	ZUMBA SEAN	BODY PUMP STACEY	STRONG SEAN	Wild Card 4 Leigh Anne - Zumba 11 Sean - Strong 18 Robin - Step Combo 25 Body Attack Launch
9:15 AM		<i>Plates</i> BECKY	Circuits LYNNE	<i>Plates</i> BECKY	STRONG ABI	BODY ATTACK ABBIE	BODY PUMP 4 Stacey 11 Abbie 18 Robin 25 Body Pump Launch
10:30 AM		Low Impact LYNNE	Yoga Basics ROBIN 7: Bea	Low Impact LYNNE	Yoga Basics BRENDA	ZUMBA Gold KIM	Yoga Basics 4 Grashanda 11 Brenda 18 Robin 25 Robin
2:00 PM							FALL LAUNCH AUGUST 25TH WEAR YOUR FAVORITE COLLEGIATE COLORS! •8:10 BODY ATTACK •8:10 RPM •9:15 BODY PUMP Come workout with Robin ZUMBA! Thursdays @ 5:35 pm
3:15 PM							
4:30 PM		BODY ATTACK ABBIE	BODY PUMP LIZ 14: Stacey	TABATA TIMING SARA	BODY PUMP ABBIE 2: Liz		
5:35 PM		BODY PUMP STACEY	TABATA TIMING ARMON	STRONG SEAN & ROBIN M	ZUMBA ROBIN M New Time!		
6:45 PM		ZUMBA SEAN			BODY PUMP ROBIN 9: Weights with Armon		
7:45 PM			BODY PUMP ROBIN 7: No class				

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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 4 Liz 11 Amanda 18 Daniel 25 RPM Launch
9:00 AM		RPM AMANDA		RPM LYNNE		RPM ANN	
9:15 AM			RPM AMANDA				
4:30 PM				RPM LIZ 15: Armon			
5:35 PM					RPM ARMON/ROBIN 7, 16: Armon		



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.

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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 7: Stacey	Tabata Timing ROBIN 8: Armon	Water in Motion STACEY	Water in Motion ROBIN 10: Lyn Zumba!	Instructor's Choice 4 Leigh Anne Zumba 11 Stacey - WIM 18 Lyn - Zumba 25 Armon-Tabata
11:00 AM		Stretch Your Body ARMON 27: Special class		Stretch Your Body BRENDA		Stretch Your Body SARA	
1:00 PM		Senior Water ARMON		Senior Water BRENDA		Senior Water ARMON	

- Try out Water in Motion Platinum on Monday August 27 at 11:00 with Robin and Armon. It' ll be fun!

- Brunch & Munch **is scheduled for Friday August 31 at 10:30 am. Please bring something to share and a friend! We will meet in the coffee area. EVERYONE is invited.**

