


JANUARY 2018

HEALTHPLUS FITNESS CENTER

Group Fitness Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		<b>BODY PUMP</b> LYNNE 1: No class		<b>BODY PUMP</b> LIZ		<b>BODY PUMP</b> AMANDA	
8:10 AM		<b>ZUMBA</b> KIM 1: TEAM Zumba	<b>BODY PUMP</b> STACEY	<b>ZUMBA</b> SEAN	<b>BODY PUMP</b> STACEY	<b>STRONG</b> SEAN	<i>Wild Card</i> 6 Leigh Anne - Zumba 13 Zumba + - Sean 20 Body Attack - Liz 27 Step - Robin
9:15 AM		<i>Plates</i> BECKY 1: No class	<b>Circuits</b> LYNNE	<i>Plates</i> BECKY	<b>TABATA TIMING</b> ROBIN	<b>BODY ATTACK</b> ABBIE	<b>BODY PUMP</b> 6 Amanda 13 Stacey 20 Liz 27 Robin
10:30 AM		<b>Low Impact</b> LYNNE 1: No class	<b>Yoga Basics</b> ROBIN	<b>Low Impact</b> LYNNE	<b>Yoga Basics</b> BRENDA	<b>ZUMBA Gold</b> KIM	<b>Yoga Basics</b> 6 Robin 13 Hannah 20 Brenda 27 Greshanda
2:00 PM	<b>ZUMBA</b> 7 Allison 14 Lyn 21 Kim 28 Robin M						
3:15 PM	<b>BODY PUMP</b> 7 Robin 14 Liz 21 Stacey 28 Robin						
4:30 PM	<b>Yoga Basics</b> ROBIN 21: Greshanda	<b>BODY ATTACK</b> BRANDI 1: No class	<b>BODY PUMP</b> LIZ 9: Abbie	<b>RIPPED!</b> LYNNE	<b>BODY PUMP</b> LIZ		
5:00 PM							
5:35 PM		<b>BODY PUMP</b> LIZ 1: No class 8: Abbie		<b>STRONG</b> ROBIN M & SEAN	<b>STRONG</b> ROBIN M		
6:00 PM			<b>TABATA TIMING</b> ARMON				
6:45 PM		<b>ZUMBA +</b> SEAN 1: No class			<b>BODY PUMP</b> ROBIN		
7:45 PM			<b>BODY PUMP</b> ROBIN				








Join us for  
**ZUMBA**  
January 1  
for 90  
minutes  
of  
**FUN!**

JANUARY 2018

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 DANIEL		RPM AMANDA		
8:10 AM							<b>Cycling</b> 6 Bill: 90 minutes 13 Daniel 20 Amanda 27 Bill
9:00 AM		RPM AMANDA 1: No class		RPM LYNNE		RPM DANIEL	
9:15 AM			RPM AMANDA				
4:30 PM	<b>EXTREME CYCLE</b> POPEYE BILL			RPM BRANDI			
5:35 PM		RPM POPEYE BILL 1: No class	RPM POPEYE BILL		RPM POPEYE BILL		

**WHAT IS RPM?**



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.

JANUARY 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 1: No class	Water in Motion ROBIN 2: LAUNCH!	Tabata Timing ROBIN	Water in Motion STACEY	Water in Motion ROBIN	Instructor's Choice 6 Leigh Anne 13 Robin 20 Armon 27 Sara
11:00 AM		Stretch Your Body HANNAH 1: No class		Stretch Your Body BRENDA		Stretch Your Body SARA	
1:00 PM		Senior Water HANNAH 1: No class		Senior Water BRENDA		Senior Water ARMON	

•Brunch & Munch **is scheduled for Friday December 29 10:30 am. Please bring something to share and a friend! We will meet in the coffee area. EVERYONE is invited.**

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