



JUNE 2017

HEALTHPLUS FITNESS CENTER

Group Fitness Schedule

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|--------|---|--|---|---|---|--|
| 5:15 AM | | BODY PUMP LYNNE 5, 19: Ali | | BODY PUMP ALI | | BODY PUMP AMANDA | |
| 8:10 AM | | ZUMBA ASHLEY 19: Kim | BODY PUMP STACEY 20: Amanda | ZUMBA SEAN | BODY PUMP ABBIE 8, 22: Sean | ZUMBA ROBIN M 9: Lyn 30: Alex | <i>Wild Card</i> 3 Step combos - Robin 10 Zumba - Leigh Anne 17 Body Attack LAUNCH 24 Zumba - Ashley |
| 9:15 AM | | <i>Pilates</i> BECKY | Circuits LYNNE 20: Hannah | <i>Pilates</i> BECKY | TABATA TIMING ROBIN 8, 15: Lynne | BODY ATTACK ABBIE 9: STRONG Robin M | BODY PUMP 3 Robin 10 Stacey 17 LAUNCH 24 Ali |
| 10:30 AM | | Low Impact LYNNE 19: Kim | Yoga Basics ROBIN | Low Impact LYNNE 21: Kim | Yoga Basics BRENDA | ZUMBA Gold LYN 9, 23, 30 Robin M | Yoga Basics 3 Robin 10 India 17 Jane 24 Hannah |
| 2:00 PM | | | | | | | |
| 3:15 PM | | | | | | | |
| 4:30 PM | | BODY ATTACK ABBIE 12: STRONG Robin M | BODY PUMP ABBIE 6: Stacie | RIPPED! LYNNE 21: Abbie | BODY PUMP STACEY 1: Abbie 22: Melanie | | |
| 5:00 PM | | | BOOT CAMP On the track JANE 6: Abbie | | | | |
| 5:35 PM | | BODY PUMP ABBIE 12: Stacey | | | Yoga Basics HANNAH 8: India | | |
| 5:45 PM | | | | TOTAL BODY Conditioning (45 minutes) INDIA | | | |
| 6:05 PM | | | ZUMBA JAMILA 6, 27: Robin M | | | | |
| 6:40 PM | | ZUMBA + SEAN 26: Lyn | | ZUMBA canceled | |  | |
| 6:45 PM | | | | | BODY PUMP ROBIN | | |
| 7:45 PM | | | BODY PUMP ROBIN | | | | |


LES MILLS
LAUNCH

NEW!

- Tabata timing
- **TOTAL BODY Conditioning**
- **STRONG**

Sunday classes will resume
in AUGUST.



6:30 - 8:00 pm
Friday June 16

JUNE 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 | | | | | | | Cycling 3 India 10 Ali 17 LAUNCH 24 Popeye "90" |
| 9:00 AM | | RPM AMANDA 5: Lynne | | RPM LYNNE 21: Popeye | | RPM POPEYE 9: Lynne | |
| 9:15 AM | | | RPM AMANDA | | | | |
| 4:30 PM | | RPM POPEYE BILL 5: Lynne | | RPM JANE 7: Amanda | | | |
| 5:35 PM | | | | | RPM POPEYE 8: Lynne | | |
| 5:45 PM | | | Instructor's Choice INDIA | | | | |

New RPM class with Ali... 5:15 AM on Thursdays! LAUNCH SATURDAY JUNE 17 AT 8:10.



JUNE 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 19: India 26: WIM Launch | Water in Motion ROBIN | Tabata Timing ROBIN | Water in Motion STACEY 1: Brenda 22: India | Water in Motion ROBIN 9: Brenda | Instructor's Choice 3 Brenda 10 Aqua Zumba with Leigh Anne 17 Robin 24 Hannah |
| 11:00 AM | | Stretch Your Body HANNAH | | Stretch Your Body BRENDA | | Stretch Your Body HANNAH | |
| 1:00 PM | | Senior Water HANNAH | | Senior Water ABBY | | Senior Water HANNAH | |
| 5:35 PM | | Instructor's Choice INDIA | | | Tabata Timing ROBIN | | |

MONDAY JUNE 26: Come experience Water in Motion 30 first hand! New music ••• new moves!

•Brunch & Munch •

Friday June 23th in the coffee area

All are welcome to join the social

Bring a snack to share