



OCTOBER 2017


HEALTHPLUS FITNESS CENTER

Group Fitness Schedule


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		<b>BODY PUMP</b> LYNNE 9: Liz		<b>BODY PUMP</b> ALI		<b>BODY PUMP</b> AMANDA	
8:10 AM		<b>ZUMBA</b> KIM	<b>BODY PUMP</b> STACEY 17: Amanda	<b>ZUMBA</b> SEAN	<b>BODY PUMP</b> ABBIE	<b>ZUMBA</b> JAMILA	<i>Wild Card</i> 7 Zumba - Leigh Ann 14 Body Attack - Ali 21 Turbo Kick - Christy 28 <b>NEW BODY ATTACK</b>
9:15 AM		<i>Plates</i> BECKY	Circuits LYNNE 10: Sara	<i>Plates</i> BECKY	<b>TABATA TIMING</b> ROBIN 19: Sara	<b>BODY ATTACK</b> ABBIE	<b>BODY PUMP</b> 7 Robin 14 Liz 21 Ali 28 <b>BODY PUMP 103</b>
10:30 AM		<b>Low Impact</b> LYNNE	<b>Yoga Basics</b> ROBIN	<b>Low Impact</b> LYNNE 11: Lyn	<b>Yoga Basics</b> BRENDA	<b>ZUMBA Gold</b> KIM	<b>Yoga Basics</b> 7 Robin 14 Brenda 21 Hannah 28 Robin
2:00 PM	<b>ZUMBA</b> 1 Lyn 8 Kim 15 Ashley 22 Robin M 29 Jamila						
3:15 PM	<b>BODY PUMP</b> 1 Stacey 8 Robin 15 Liz 22 Robin 29 Abbie						
4:30 PM	<b>Yoga Basics</b> ROBIN 1: Greshanda	<b>BODY ATTACK</b> ABBIE	<b>BODY PUMP</b> ABBIE 31:Liz	<b>RIPPED!</b> LYNNE 11: Hannah	<b>BODY PUMP</b> STACEY 19: Liz		
5:00 PM			<b>BOOT CAMP</b> On the track ARMON				
5:35 PM		<b>BODY PUMP</b> ABBIE		<b>STRONG</b> ROBIN M & SEAN	<b>Yoga Basics</b> HANNAH		
6:05 PM			<b>ZUMBA</b> JAMILA				
6:40 PM		<b>ZUMBA +</b> SEAN					
6:45 PM					<b>BODY PUMP</b> ROBIN		
7:45 PM			<b>BODY PUMP</b> ROBIN				



**STRONG**  
BY ZUMBA<sup>®</sup>  
with sean and robin  
m



**Turbo Kick with Christy Coleman**











**ZUMBA**  
FITNESS  
**ZUMBA** with

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OCTOBER 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		RPM ALI		
8:10 AM							<b>Cycling</b> 7 Popeye "90" 14 Popeye 21 Daniel 28 Launch @ 10:20
9:00 AM		RPM AMANDA		RPM LYNNE 11: Daniel		RPM DANIEL	
9:15 AM			RPM AMANDA				
4:30	<b>EXTREME</b>  POPEYE 30 minutes			RPM DWAYNE			
5:35 PM		RPM POPEYE BILL	RPM POPEYE BILL		RPM POPEYE BILL		





**October HP Challenge**  
**Avoid candy corns.... cycle more!**

**WE ARE LAUNCHING SO DON'T BE LATE**  
**SATURDAY OCTOBER 28 @ 8:10 AM**  
**WITH BILL AND DWAYNE. ALI'S**  
**SHOWER @ 10:30 AM.**

OCTOBER 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	Water in Motion ROBIN 3: WIM 31 launch	Tabata Timing ROBIN	Water in Motion STACEY 19: Robin	Water in Motion ROBIN	Instructor's Choice 7 Aqua Zumba - LA 14 Tabata - Robin 21 Hannah 28 Tabata - Sara
11:00 AM		Stretch Your Body HANNAH		Stretch Your Body BRENDA		Stretch Your Body SARA	
1:00 PM		Senior Water HANNAH		Senior Water BRENDA		Senior Water ARMON	



•Brunch & Munch •

**Friday OCTOBER 27<sup>th</sup> in the coffee area.**  
**All are welcome to join the social. Bring a snack to share!**

**WIM Launch Tuesday October 3 @ 9:15.**

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