



# JANUARY 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>
<b>5:15 AM</b>			<b>RPM</b> DANIEL 1: No class		<b>RPM</b> AMANDA		
<b>8:10 AM</b>							<b>RPM</b> 5 Amanda 12 LAUNCH 19 Ann 26 Daniel
<b>9:00 AM</b>		<b>RPM</b> AMANDA		<b>RPM</b> ANN 2: Armon		<b>RPM</b> ANN	
<b>9:15 AM</b>			<b>RPM</b> AMANDA 1: No class				
<b>4:30 PM</b>				<b>RPM</b> LIZ H.			
<b>5:35 PM</b>					<b>RPM</b> ARMON/ROBIN K 3: 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.

**JANUARY 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>
<b>9:15 AM</b>		Aqua Zumba LYN	Water in Motion ROBIN K 1: No Class	Tabata Timing ROBIN K 2: Armon	Aqua Zumba LYN	Water in Motion ROBIN K 4: Armon - Tabata	Instructor's Choice 5 Lyn 12 Armon 19 Armon 26 Robin K
<b>11:00 AM</b>		Stretch Your Body ARMON		Stretch Your Body SARA		Stretch Your Body BRENDA	
<b>1:00 PM</b>		Senior Water BRENDA		Senior Water ARMON		Senior Water ARMON	

*\* All water classes on schedule are considered "low impact"*

**•Brunch & Munch is Friday January 25 at 10:30 am in the lounge.  
Please bring something to share with a friend! EVERYONE is invited.**

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