

JANUARY 2020

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a	<small>GROUP</small> POWER CARRIE		<small>GROUP</small> POWER ISABEL		Cardio Combo SHANNON	8:00a	<small>GROUP</small> POWER rotating:
6:30a	SUNRISE YOGA OLIVER	<small>GROUP</small> BLAST CARRIE 5:30A	SUNRISE YOGA OLIVER	<small>GROUP</small> BLAST CARRIE 5:30A			04 - Carrie 11 - Tracy 18 - Steven 25 - Tracy
8:00a	<small>GROUP</small> BLAST TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> fight TRACY	<small>GROUP</small> POWER TRACY	<small>GROUP</small> BLAST TRACY		
9:15a	Senior Flex & Tone TRACY	<small>GROUP</small> CENTERGY TRACY	Chair Yoga SARAH/OLIVER	<small>GROUP</small> CENTERGY TRACY	Pilates/Barre ISABEL	9:00a	<small>GROUP</small> BLAST rotating:
10:15a	Chair Yoga ISABEL	Senior Flex & Tone TRACY		Senior Flex & Tone TRACY	Chair Yoga SARAH/OLIVER		04 - Carrie 11 - Tracy 18 - No Class 25 - Savannah
12:15-12:45	THE H.I.I.T. PATRICK		THE H.I.I.T. PATRICK				
4:30p	Pilates/Barre ISABEL	<small>GROUP</small> fight CARRIE	<small>GROUP</small> BLAST SAVANNAH	<small>GROUP</small> fight TRACY/CARRIE			
5:30p	<small>GROUP</small> BLAST JANELL	<small>GROUP</small> POWER JANELL		<small>GROUP</small> POWER JANELL			
6:00p							
6:35p	Yoga ISABEL						



\$3,000.00 CASH POT
and Growing...
Lose weight and have fun doing it. Register by January 17th.

Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30a		SPINNING SHANNON		SPINNING SHANNON			
6:00a							
8:25a		SPINNING 30 MIN EXPRESS ISABEL		SPINNING 30 MIN EXPRESS ISABEL			
12:15p		SPINNING 30 MIN EXPRESS EMILY		SPINNING 30 MIN EXPRESS ISABEL		9:00a	SPINNING
							04 - Isabel 11 - Emily 18 - Steven 25 - Isabel
5:30p	SPINNING JIM	FlexAbility MAUREEN	SPINNING SHANNON	FlexAbility MAUREEN			

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	AQUA FITNESS TRACY		AQUA FITNESS TRACY		AQUA FITNESS ISABEL	AT RISK OF BEING CUT
8:15a	AQUA FITNESS EMILY		AQUA FITNESS EMILY		AQUA FITNESS ISABEL	A NEW CLASS
						Text @hpland or @hpaqua to 81010 to be notified about class changes.
11:30a	AQUA ARTHRITIS ISABEL		AQUA ARTHRITIS MANDY		AQUA ARTHRITIS MANDY	
4:30p						
5:00p		HIGH INTENSITY MANDY				
5:30p	HIGH INTENSITY SAVANNAH		AQUA FITNESS SAVANNAH			