

MARCH 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:
5:30a		<small>GROUP</small> BLAST SAVANNAH		<small>GROUP</small> BLAST CARRIE			07- Tracy 14 - Isabel 21 - Carrie 28- Steven
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 TRACY	<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 ISABEL		07- Tracy 14 - Savannah 21 - Carrie 28 - 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 CARRIE			
5:30p	<small>GROUP</small> BLAST JANELL	<small>GROUP</small> POWER JANELL		<small>GROUP</small> POWER JANELL			
6:00p							
6:35p							

**COAST-TO-COAST
WEIGHT LOSS CHALLENGE**

Cash Pot May Up Get To...

\$8K - \$10K

Lose weight and win money!

Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30a		<small>SPINNING</small> SHANNON		<small>SPINNING</small> SHANNON			
6:00a							
8:25a		<small>SPINNING</small> 30 MIN EXPRESS ISABEL		<small>SPINNING</small> 30 MIN EXPRESS ISABEL			
12:15p		<small>SPINNING</small> 30 MIN EXPRESS ISABEL		<small>SPINNING</small> 30 MIN EXPRESS EMILY		9:00a	<small>SPINNING</small>
							07- Emily 14 - Isabel 21 - Isabel 28 - Steven
5:30p	<small>SPINNING</small> JIM		<small>SPINNING</small> SHANNON				

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			