

# FEBRUARY 2024

## Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	8:00a	Saturday
5:15a	<b>GROUP POWER</b> ISABEL		<b>GROUP POWER</b> ISABEL				<b>GROUP POWER</b>
5:30a		<b>GROUP BLAST</b> SHANNON		<b>GROUP BLAST</b> SHANNON	<b>GROUP CENTERGY</b> SHANNON		03 - Isabel 10 - Isabel 17 - Isabel 24 - Isabel
8:00a	<b>GROUP BLAST</b> TRACY	<b>GROUP POWER</b> TRACY	<b>GROUP fight</b> TRACY	<b>GROUP POWER</b> TRACY	<b>ZUMBA STEP</b> KATRINA		
9:15a	<b>Sit &amp; Tone</b> KATRINA/ISABEL	<b>GROUP CENTERGY</b> TRACY	<b>Sit &amp; Tone</b> KATRINA/ISABEL	<b>GROUP CENTERGY</b> TRACY	<b>Pilates/Barre</b> ISABEL		
10:15a-10:45a	<b>Sit &amp; Tone</b> ISABEL/KATRINA	<b>Tai Chi beginner</b> HENRY	<b>Sit &amp; Tone</b> ISABEL/KATRINA	<b>Tai Chi beginner</b> HENRY	<b>Chair Yoga</b> ISABEL		
10:45a		<b>Tai Chi advanced</b> HENRY		<b>Tai Chi advanced</b> HENRY			
4:30p		<b>GROUP CENTERGY</b> ISABEL		<b>GROUP CENTERGY</b> ISABEL			
5:30p	<b>ZUMBA</b> KATRINA	<b>GROUP POWER</b> CARRIE		<b>GROUP POWER</b> CARRIE			



## Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a		<b>SPINNING</b> ISABEL		<b>SPINNING</b> ISABEL			
5:00p	<b>SPINNING</b> ISABEL						
5:30p			<b>SPINNING</b> SHANNON				
						9:00a	<b>SPINNING</b> 03 - Isabel 10 - Isabel 17 - Isabel 24 - Isabel

**Class Descriptions:**

## Aqua Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	AT RISK OF BEING CUT
7:00a	<b>AQUA FITNESS</b> ISABEL		<b>AQUA FITNESS</b> ISABEL		<b>AQUA FITNESS</b> ISABEL	<b>NEW CLASS!</b>
8:15a			<b>AQUA FITNESS</b> KATRINA		<b>AQUA FITNESS</b> ISABEL	
11:30a	<b>AQUA ARTHRITIS</b> KATRINA		<b>AQUA ARTHRITIS</b> NICOLE		<b>AQUA ARTHRITIS</b> KATRINA	
5:00p	<b>HIGH INTENSITY</b> NICOLE					

Text  
 @hpland or  
 @hpaqua  
 to 81010  
 to be notified about  
 class changes.