

FEBRUARY 2025

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a	GROUP POWER ISABEL		GROUP POWER ISABEL			8:00a	GROUP POWER 01 - Isabel 08 - Isabel 15 - Isabel 22 - Isabel
5:30a		GROUP BLAST		GROUP BLAST	GROUP CENTERGY SHANNON		
8:00a	GROUP BLAST TRACY	GROUP POWER TRACY	GROUP fight TRACY	GROUP POWER TRACY	GROUP BLAST KATRINA		
9:00a		GROUP CENTERGY TRACY		GROUP CENTERGY TRACY	Pilates/Barre ISABEL		
10:15a	ACTIVE & FIT ISABEL	Tai Chi beginner HENRY	ACTIVE & FIT ISABEL	Tai Chi beginner HENRY	Yoga Fit ISABEL		
10:45a		Tai Chi advanced HENRY		Tai Chi advanced HENRY			
4:30p	GROUP POWER KATRINA	GROUP CENTERGY ISABEL	Pilates/Barre ISABEL	GROUP CENTERGY ISABEL			
5:30p	SHINE KATRINA		GROUP POWER KATRINA				



Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a		SPINNING SHANNON		SPINNING SHANNON			
5:00p	SPINNING ISABEL						
5:30p		SPINNING SHANNON					

Class Descriptions:

9:00a **SPINNING**
01 - Isabel
08 - Isabel
15 - Isabel
22 - Isabel

Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	AQUA FITNESS ISABEL		AQUA FITNESS ISABEL		AQUA FITNESS ISABEL	AT RISK OF BEING CUT
8:15a			AQUA FITNESS KATRINA		AQUA FITNESS ISABEL	NEW CLASS!
11:15a	AQUA ARTHRITIS LISA		AQUA ARTHRITIS ISABEL			Text @hpland or @hpaqua to 81010 to be notified about class changes.