



































# HERITAGE HILLS ATHLETIC CLUB GROUP FITNESS SCHEDULE – GROUP FITNESS ROOM

## MORNING




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30		 <b>LES MILLS BODYPUMP</b> ROTATE (60 MIN)	 <b>LES MILLS BODYCOMBAT</b> MICHELLE (60 MIN)	 <b>LES MILLS BODYPUMP</b> LISA SANDS (60 MIN)			
6:00					 <b>LES MILLS GRIT</b> MICHELLE/LORI		
8:00	 <b>PIYO</b> ALLY		 <b>PIYO</b> ALLY			 <b>LES MILLS BODYCOMBAT</b>	
8:30	<b>FIT MIX</b> SARAH	 <b>LES MILLS BODYFLOW</b> JENNIFER	<b>FIT MIX</b> ALLY <b>BOOTCAMP</b> LORI	 <b>LES MILLS BODYFLOW</b> KERRY	 <b>LES MILLS BODYPUMP</b> MEGHAN	MICHELLE/ HOLLIE	
9:00					 <b>POUND</b> ROCKOUT. WORKOUT. MEGHAN	<i>Barre</i>  JODIE	
9:30	 <b>LES MILLS BODYPUMP</b>	<b>P90X</b> *NEW* ROSE (45 MIN)	 <b>LES MILLS BODYCOMBAT</b>	<b>Xtreme HIIT</b> *NEW & FREE* LAURIE (45 MIN)	<i>Barre</i>  JODIE		 <b>LES MILLS BODYPUMP</b>
10:00	LORI		ROSE		 <b>SilverSneakers</b> by Tivity Health MEGHAN	 <b>ZUMBA</b> FITNESS	MEGHAN/KERRY (45 MIN)
10:30		<i>Barre</i>  JODIE (6 WEEK CLASS) (60 MIN)	 <b>Silver&amp;Fit</b>		<b>POWER YOGA</b> *NEW*	CORRIE (STARTS JAN. 19 <sup>TH</sup> )	 <b>LES MILLS BODYFLOW</b>
10:45	 <b>SilverSneakers</b> by Tivity Health		BECKY (45 MIN)	 <b>BOOM</b>  STRENGTH MEGHAN  (30 MIN)	JENNIFER (6 WEEK CLASS)		ANNE/KERRY
11:00	BECKY	TURF WALK *NEW* BECKY					
11:30	 <b>SilverSneakers</b> FITNESS Yoga Stretch MEGHAN	 <b>ZUMBA</b> gold MEGHAN		 <b>SilverSneakers</b> FITNESS Yoga Stretch MEGHAN			



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EVENING							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30			POWER YOGA *NEW*				
5:00	MICHAELE	 BRAHMII (6 WEEKS)	JENNIFER (6 WEEK CLASS)	<i>Barre</i>		6 WEEK CLASSES ARE GUARANTEED TO RUN JANUARY 12TH THROUGH FEBRUARY 24H	
5:30	<i>Barre</i>	 MICHELLE/ HOLLIE	 ROCKOUT. WORKOUT. MEGHAN	BECKY			
6:00	JODIE		 MEGHAN	<b>Xtreme HIIT</b> *NEW & FREE* SARAH			
6:30	 CORRIE	 ROTATE	 CORRIE				
7:00		 ANNE (60 MIN)		 ANNE (60 MIN)			EFFECTIVE JANUARY 12 ,2019

## CYCLE STUDIO SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	CYCLE LISA SANDS	 LISA SCHREIBER			 LISA		
8:00 AM						 LISA	
8:30 AM						CYCLE LISA SANDS	
9:00 AM		CYCLE SARAH					
9:30 AM	CYCLE JENNIFER			CYCLE JENNIFER			
5:30 PM	 LORI		 LISA (6 WEEK CLASS)				

