

FITNESS CENTER CLASS SCHEDULE

Current as of: 12/21/2011

	1/1	1/2 MONDAY	1/3 TUESDAY	1/4 WEDNESDAY	1/5 THURSDAY	1/6 FRIDAY	1/7 SATURDAY
7:00 AM		Aerobic/Step 7:00-8:00am		Aerobic/Step 7:00-8:00am	Aerobic/Step 7:00-8:00am		
7:15 AM							
7:30 AM							
7:45 AM							Free Weights 7:30-8:15am Jan Venegas
8:00 AM						\$\$\$ Zumba 7:45-8:30am	
8:15 AM							
8:30 AM		Free Weights 8:15-9:15am Jan Venegas	Free Weights 8:15-9:15am Jan Venegas	Eclectic Yoga 8:15-9:15am JK Weber	Free Weights 8:15-9:15am Jan Venegas		Aerobic/Step 8:30-9:30am
8:45 AM							
9:00 AM							
9:15 AM						Mixed Level Yoga 9:00-10:15am Camille Sensale	
9:30 AM							
9:45 AM		\$\$\$ Tai Chi 9:30-10:30am	\$\$\$ Jazzercise Lite 9:30-10:30am Karen Stratman	\$\$\$ Tai Chi 9:30-10:30	\$\$\$ Jazzercise Lite 9:30-10:30am Karen Stratman		\$\$\$ Tai Chi 10:00-11:00am
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM			\$\$\$ Circuit Training 10:45-11:45 Rich Roberts		\$\$\$ Circuit Training 10:45-11:45 Rich Roberts		
11:00 AM		\$\$\$ Pilates Joe Pinella 11:00-12:00		\$\$\$ Pilates Joe Pinella 11:00-12:00			
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM			\$\$\$ Dance 12:00-1:30 Jane McLaughlin		\$\$\$ Dance 12:00-1:30 Jane McLaughlin		
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM			\$\$\$ Tai Chi QuiGong 2:00-3:00pm Joe Pinella				
2:15 PM							
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM		Gentle Yoga 4:00-5:15pm Camille Sensale	Ping Pong 3:00-5:00			Ping Pong 3:00-5:00	
4:15 PM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
6:00 PM							
6:15 PM							
6:30 PM							

Class Signup Procedures

No Charge Classes - These classes are taught by Heritage Highlands residents who volunteer their time. You may sign up for the class at the Fitness Center desk on the day of the class.

(\$\$\$) Fee Classes - You must purchase your class tickets at the HOA office ahead of time. Tickets are sold in packs of 4 for \$25 or 8 for \$45. On the day of the class, you will sign in at the Fitness Center desk.

** These are not drop in classes.

*** Dance Company Members

**** Not a drop in class