

FITNESS CENTER CLASS SCHEDULE

Current as of: 1/14/2012

	1/22	1/23 MONDAY	1/24 TUESDAY	1/25 WEDNESDAY	1/26 THURSDAY	1/27 FRIDAY	1/28 SATURDAY
7:00 AM		Aerobic/Step 7:00-8:00am	Ball Class 7:00-8:00am Jann Haasl	Aerobic/Step 7:00-8:00am	Aerobic/Step 7:00-8:00am		
7:15 AM						\$\$\$ Zumba 7:45-8:30am	Free Weights 7:30-8:15am Jan Venegas
7:30 AM							
7:45 AM							
8:00 AM							
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							
9:30 AM						Mixed Level Yoga 9:00-10:15am Camille Sensale	
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		
10:00 AM							
10:15 AM							\$\$\$ Tai Chi 10:00-11:00am
10:30 AM							
10:45 AM						Line Dancing 10:30-12:00	
11:00 AM			\$\$\$ Circuit Training 10:45-11:45 Rich Roberts		\$\$\$ Circuit Training 10:45-11:45 Rich Roberts		
11:15 AM		\$\$\$ Pilates Joe Pinella 11:00-12:00		\$\$\$ Pilates Joe Pinella 11:00-12:00			
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM			\$\$\$ Dance 12:00-1:30 Jane McLaughlin		\$\$\$ Dance 12:00-1:30 Jane McLaughlin		
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM							
2:00 PM							
2:15 PM			\$\$\$ Tai Chi QuiGong 2:00-3:00pm Joe Pinella				
2:30 PM							
2:45 PM							
3:00 PM		Men's Yoga 2:45-3:45pm Camille Sensale					
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM							
4:30 PM		Gentle Yoga 4:00-5:15pm Camille Sensale					
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