

# FITNESS CENTER CLASS SCHEDULE

Current as of: 1/14/2012

|          | 1/29 | 1/30<br>MONDAY                                  | 1/31<br>TUESDAY   | 2/1<br>WEDNESDAY                                | 2/2<br>THURSDAY   | 2/3<br>FRIDAY                                       | 2/4<br>SATURDAY                            |
|----------|------|---|---|---|---|---|--|
| 7:00 AM  |      | Aerobic/Step<br>7:00-8:00am                     | Ball Class<br>7:00-8:00am<br>Jann Haasl                     | Aerobic/Step<br>7:00-8:00am                     | Aerobic/Step<br>7:00-8:00am                                 |   |  |
| 7:15 AM  |      |   |   |   |   | \$\$\$<br>Zumba<br>7:45-8:30am                      | Free Weights<br>7:30-8:15am<br>Jan Venegas |
| 7:30 AM  |      |   |   |   |   |   |  |
| 7:45 AM  |      |   |   |   |   |   |  |
| 8:00 AM  |      |   |   |   |   |   |  |
| 8:15 AM  |      |   |   |   |   |   |  |
| 8:30 AM  |      | Free Weights<br>8:15-9:15am<br>Jan Venegas      | Free Weights<br>8:15-9:15am<br>Jan Venegas                  | Eclectic Yoga<br>8:15-9:15am<br>JK Weber        | Free Weights<br>8:15-9:15am<br>Jan Venegas                  |   | Aerobic/Step<br>8:30-9:30am                |
| 8:45 AM  |      |   |   |   |   |   |  |
| 9:00 AM  |      |   |   |   |   |   |  |
| 9:15 AM  |      |   |   |   |   |   |  |
| 9:30 AM  |      |   |   |   |   | Mixed Level Yoga<br>9:00-10:15am<br>Camille Sensale |  |
| 9:45 AM  |      | \$\$\$<br>Tai Chi<br>9:30-10:30am               | \$\$\$<br>Jazzercise Lite<br>9:30-10:30am<br>Karen Stratman | \$\$\$<br>Tai Chi<br>9:30-10:30                 | \$\$\$<br>Jazzercise Lite<br>9:30-10:30am<br>Karen Stratman |   |  |
| 10:00 AM |      |   |   |   |   |   |  |
| 10:15 AM |      |   |   |   |   |   | \$\$\$<br>Tai Chi<br>10:00-11:00am         |
| 10:30 AM |      |   |   |   |   |   |  |
| 10:45 AM |      |   |   |   |   | Line Dancing<br>10:30-12:00                         |  |
| 11:00 AM |      |   | \$\$\$<br>Circuit Training<br>10:45-11:45<br>Rich Roberts   |   | \$\$\$<br>Circuit Training<br>10:45-11:45<br>Rich Roberts   |   |  |
| 11:15 AM |      | \$\$\$<br>Pilates<br>Joe Pinella<br>11:00-12:00 |   | \$\$\$<br>Pilates<br>Joe Pinella<br>11:00-12:00 |   |   |  |
| 11:30 AM |      |   |   |   |   |   |  |
| 11:45 AM |      |   |   |   |   |   |  |
| 12:00 PM |      |   |   |   |   |   |  |
| 12:15 PM |      |   | \$\$\$<br>Dance<br>12:00-1:30<br>Jane McLaughlin            |   | \$\$\$<br>Dance<br>12:00-1:30<br>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  |      |   | \$\$\$<br>Tai Chi QuiGong<br>2:00-3:00pm<br>Joe Pinella     |   |   |   |  |
| 2:30 PM  |      |   |   |   |   |   |  |
| 2:45 PM  |      |   |   |   |   |   |  |
| 3:00 PM  |      | Men's Yoga<br>2:45-3:45pm<br>Camille Sensale    |   |   |   |   |  |
| 3:15 PM  |      |   |   |   |   |   |  |
| 3:30 PM  |      |   |   |   |   |   |  |
| 3:45 PM  |      |   |   |   |   |   |  |
| 4:00 PM  |      |   |   |   |   |   |  |
| 4:15 PM  |      |   |   |   |   |   |  |
| 4:30 PM  |      | Gentle Yoga<br>4:00-5:15pm<br>Camille Sensale   |   |   |   |   | Ping Pong<br>3:00-5:00                     |
| 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