

# FITNESS CENTER CLASS SCHEDULE

Current as of: 1/5/2012

	1/8	1/9 MONDAY	1/10 TUESDAY	1/11 WEDNESDAY	1/12 THURSDAY	1/13 FRIDAY	1/14 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							
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	Line Dancing 10:30-12:00	
11:00 AM							
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			\$\$\$ 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							
4:15 PM		Gentle Yoga 4:00-5:15pm Camille Sensale	Ping Pong 3:00-5:00			Ping Pong 3:00-5:00	
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