

































HEROES FITNESS ODESSA NOVEMBER 2018 HGX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 LES MILLS BODYPUMP *5:00AM ALEXIS	 CIRCUIT ZUMBA 5:00AM DELMA	 STRONG ZUMBA 5:00AM SHANNA/ANGIE	 ZUMBA 5:00AM DELMA	 LES MILLS BODYPUMP *5:00AM ALEXIS	 STRONG ZUMBA 9:00AM DELMA	
 ZUMBA 8:30AM DIANA	 ZUMBA 8:30AM ROBERT	 STRONG ZUMBA 8:30AM DIANA	 ZUMBA 8:30AM DIANA	 ZUMBA toning 8:30AM ELIDA	<p>I'm thankful for my <i>struggle</i> because without it I wouldn't have stumbled across my <i>strength</i>.</p> 	
 LES MILLS BODYPUMP 9:30AM DOLORES	 HIIT HIGH INTENSITY INTERVAL TRAINING *9:30AM DOLORES	 LES MILLS BODYPUMP 9:30AM DOLORES	 HIIT HIGH INTENSITY INTERVAL TRAINING *9:30AM DOLORES	 LES MILLS BODYPUMP *9:30AM CRYSTAL		
 STRONG ZUMBA 6:00PM DELMA	 ZUMBA 6:00PM LIZBETH/ISANIA	 ZUMBA 6:00PM ROBERT	 ZUMBA 6:00PM BRANDY	*45 MINUTE CLASS		
	 ZUMBA kids *6:00PM DELMA		 ZUMBA kids *6:00PM DELMA			
 LES MILLS BODYPUMP *7:00PM GLADYSS		 LES MILLS BODYPUMP *7:00PM GLADYSS				

HGX Thanksgiving Week Class Schedule:

Monday and Tuesday, November 19th and 20th:
Normal class schedule.

Wednesday, November 21st: **Morning classes only,
NO evening classes.**

Thursday, November 22nd: **9am Strong by Zumba,**
no other classes for this day.

Friday, November 23rd: **9am BodyPump,**
no other classes for this day.

Saturday, November 24th: **9am Strong by Zumba**

Regular HGX class schedule will resume on
Monday, November 26th.



HEROES FITNESS ODESSA NOVEMBER 2018 HGX SCHEDULE



BODYPUMP is a full body barbell workout with over 800 reps to create lean muscle mass while burning 400-600 calories!



Dance fitness party choreographed to the rhythms of Latin and World music.



Circuit training combining Zumba dance with strength training to boost metabolism in one complete workout.



Combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits to reach your fitness goals faster!



High Intensity Interval Training! Push your fitness level through short bursts of work and rest throughout this cardiovascular workout designed for all fitness levels. Boost your metabolism and burn calories!



Ages 3-12. Kid friendly routines based on Zumba choreography. Easy dance steps, exercises, and games!



Add resistance to your workout by using lightweight Zumba Toning Sticks to shape and tone target areas.

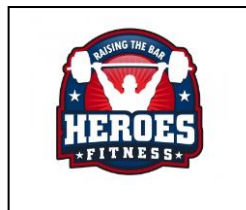
Interested in becoming part of our Group Exercise team?
Email us at gfmodesa@heroes-fitness.com for more information!

Child Care Hours

MONDAY – FRIDAY

8am-1pm AND 4pm-9pm

SATURDAY 8am-1pm



Horas de cuidado infantil

LUNES-VIERNES

8am-1pm y de 4pm-9pm

Sábado 8am-1pm