
































# HEROES FITNESS ODESSA JANUARY 2019 HGX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>LES MILLS BODYPUMP</b> *5:00AM ALEXIS	 <b>5:00AM</b> DELMA	 <b>5:00AM</b> SHANNA/ANGIE	 <b>5:00AM</b> DELMA	 <b>LES MILLS BODYPUMP</b> *5:00AM ALEXIS	 <b>9:00AM</b> DELMA	
 <b>8:30AM</b> BRANDI	 <b>8:30AM</b> ROBERT	 <b>8:30AM</b> ELIDA/ISANIA	 <b>8:30AM</b> ROBERT	 <b>8:30AM</b> ELIDA	<p>CHANGE DOES NOT                      ROLL IN ON THE                      WHEELS OF                      INEVITABILITY,                      BUT COMES THROUGH                      CONTINUOUS                      STRUGGLE.                      -MARTIN LUTHER KING, JR.</p>	
 <b>9:30AM</b> DOLORES	 <b>*9:30AM</b> DOLORES	 <b>9:30AM</b> DOLORES	 <b>*9:30AM</b> DOLORES	 <b>9:30AM</b> CRYSTAL		
 <b>6:00PM</b> DELMA	 <b>6:00PM</b> LIZBETH/ISANIA	 <b>6:00PM</b> ROBERT	 <b>6:00PM</b> BRANDI	*45 MINUTE CLASS		
	 <b>*6:00PM</b> DELMA		 <b>*6:00PM</b> DELMA			
 <b>*7:00PM</b> GLADYSS		 <b>*7:00PM</b> GLADYSS				

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



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



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



**STRONG SYNC** 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!



**HIIT** 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!



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



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

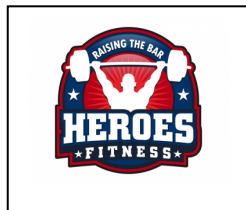
Interested in becoming part of our Group Exercise team?  
Email us at [gfmodesa@heroes-fitness.com](mailto:gfmodesa@heroes-fitness.com) for more information!

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