

















# HEROES FITNESS ODESSA FEBRUARY 2019 HGX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5:00AM SHANNA	 5:00AM DELMA	 5:00AM DELMA/SHANNA	 5:00AM DELMA	 5:00AM DELMA	 9:00AM HEROES TEAM	
 8:30AM DIANA	 8:30AM ELIDA/ISANIA	 8:30AM ROBERT	 8:30AM ROBERT	 8:30AM ELIDA		
 9:30AM DOLORES	 *9:30AM DOLORES	 9:30AM DOLORES	 *9:30AM DOLORES	 9:30AM CRYSTAL		
 *5:45PM ANGIE	 *5:45PM SHERRI	 *5:45PM ANGIE	 *5:45PM SHERRI			
 *6:30PM EMELY	 *6:30PM ROBERT	 *6:30PM LIZBETH/ISANIA	 *6:30PM EMELY/ELISA	*45 MINUTE CLASS	 <p>Tuesdays and Thursdays @6:40PM</p>	
 *7:15PM ALLISON	 *7:15PM ROBERT	 *7:15PM ALLISON	 *7:15PM ANGIE			

# HEROES FITNESS ODESSA FEBRUARY 2019 HGX SCHEDULE



**LES MILLS BODYPUMP** 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 by ZUMBA** 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.



**POUND** POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

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