






















# HEROES FITNESS ODESSA MARCH 2019 HGX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>5:00AM</b> DELMA/SHANNA	 <b>5:00AM</b> DELMA/BRANDI	 <b>5:00AM</b> SHERRI	 <b>5:00AM</b> DELMA/SHANNA	 <b>5:00AM</b> DELMA	 <b>9:00AM</b> HEREOES TEAM	
 <b>8:30AM</b> DIANA	 <b>8:30AM</b> DIANA/ERENDIRA	 <b>8:30AM</b> ROBERT	 <b>8:30AM</b> ROBERT	 <b>8:30AM</b> ELIDA	<p style="color: green; text-align: center;">                             Luck is what you                              have left over after                              you give                              100 percent.                              -Langston Coleman                         </p>   <p style="color: pink; text-align: center;">                             Tuesdays and                              Thursdays                              @6:40PM                         </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>*5:45PM</b> ANGIE	 <b>*5:45PM</b> SHERRI	 <b>*5:45PM</b> ANGIE	 <b>*5:45PM</b> SHERRI	*45 MINUTE CLASS		
 <b>*6:30PM</b> DELMA	 <b>*6:30PM</b> ROBERT	 <b>*6:30PM</b> LIZBETH/ISANIA	 <b>*6:30PM</b> EMELY/ELISA			
 <b>*7:15PM</b> ALLISON	 <b>*7:15PM</b> ROBERT	 <b>*7:15PM</b> ALLISON	 <b>*7:15PM</b> BRANDI			

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**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