

HEROES FITNESS ODESSA APRIL 2019 HGX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5:00AM DELMA/ANGIE	 ZUMBA 5:00AM DELMA	 5:00AM SHERRI	 5:00AM DELMA	 5:00AM DELMA/SHANNA	 9:00AM HEROES TEAM	
 ZUMBA 8:30AM DIANA	 ZUMBA 8:30AM DIANA/ERENDIRA	 ZUMBA 8:30AM ROBERT	 8:30AM ROBERT	 8:30AM ELIDA	<p>Why fit in when you were born to stand out?</p> 	
 9:30AM DOLORES	 9:30AM DOLORES	 9:30AM DOLORES	 *9:30AM DOLORES	 9:30AM CRYSTAL		
	 **10:30AM CRYSTAL		 **10:30AM CRYSTAL			
 *5:45PM DELMA	 5:30PM SHERRI	 *5:45PM BRANDI/MAX	 5:30PM SHERRI	*INDICATES A 45 MINUTE CLASS		
 *6:30PM CRYSTAL	 *6:30PM ROBERT	 *6:30PM LIZBETH/ISANIA	 *6:30PM ELISA	**INDICATES A 30 MINUTE CLASS		
 *7:15PM ALLISON	 *7:15PM ROBERT	 *7:15PM ALLISON	 *7:15PM BRANDI			



Tuesdays and Thursdays @6:30PM

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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!



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.



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



A 30 minute workout to increase core strength and shape and tone the muscles of the posterior chain.

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