



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOPE MILLS GROUP EXERCISE SCHEDULE

JANUARY - APRIL 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Body Pump Studio 1	8:30 am Piloxing Knockout Studio 1	8:30 am Body Pump Studio 1	8:30 am Piloxing Knockout Studio 1	8:30 am Body Pump Studio 1	9:30 am Body Pump Studio 1
8:30 am RAGE Circuit RAGE	9:35 am Barre Sculpt Studio 1	8:30 am RAGE Circuit RAGE	9:35 am Fat Burner Studio 1	8:30 am RAGE Circuit RAGE	9:30 am Yoga Studio 2
9:35 am Pilates Studio 2	9:35 am Warm Yoga Flow Studio 2	9:35 am Pilates Studio 2	9:35 am Warm Yoga Flow Studio 2	9:35 am Pilates Studio 2	10:30 am Zumba/WERQ Studio 2
9:35 am Zumba Studio 1	10:35 am Chair Yoga Studio 1	9:35 am Zumba Studio 1	10:35 am Chair Yoga Studio 1	9:35 am Zumba Studio 1	10:35 am Piloxing Knockout Studio 1
10:35 am SILVERSNEAKERS Studio 1	5:30 pm Body Pump Studio 1	10:35 am SILVERSNEAKERS Studio 1	5:30 pm Body Pump Studio 1	10:35 am SILVERSNEAKERS Studio 1	
5:30 pm Insanity Studio 2	6:35 pm Indoor Cycling Studio 1	5:30 pm Insanity Studio 2	6:35 pm Indoor Cycling Studio 1	5:30 pm Barre Sculpt Studio 1	
5:30 pm Zumba Studio 1	6:35 pm KidsFIT Bleachers	5:30 pm Zumba/Zumba Studio 1	6:35 pm KidsFIT Bleachers	5:30 pm Yoga Studio 2	
5:30 pm KidsFIT Bleachers	6:35 pm Warm Yoga Flow Studio 2	5:30 pm KidsFIT Bleachers	6:35 pm Warm Yoga Flow Studio 2	6:30 pm Zumba Studio 1	
6:30 pm Zumba Studio 1		6:30 pm Zumba 30/30 Studio 1			
6:30 pm KidsFIT Bleachers		7:00 pm Piloxing Knockout Studio 1			
6:30 pm Yoga Studio 2		6:30 pm KidsFIT Bleachers			
		6:30 pm Yoga Studio 2			

New Year
NEW YOU!

READY TO ROCK YOUR RESOLUTIONS?
Sign up today for our **NEW YEAR NEW YOU** Transformation Challenge! For just \$59 you will get a Success Manual, Meal Plan, Resistance Workout Plan & Unlimited Motivation & Support! Winner takes home a \$200 Visa Gift CARD!



The warm-up previews the dance steps used in **class** and the cool-down includes balance and yoga-inspired poses.

NEW CLASS ALERT! COME TRY WERQ every other Saturday at 10:35 with Katie! WERQ is the fiercely fun dance fitness **class** based on pop, rock, and hip hop music.

Save the Date!

GLOW PARTY! LET'S GLOW!
We'll Light up the Night, Friday, January 19th. **6:30 ZUMBA GLOW | 7:30 HIP HOP GLOW YOGA** \$5/Class for Members, \$10/Class for Non-Members
We'll provide GLOW accessories, GLOW paint & lots of GLOW FUN!
Arrive Early for Glow Paint Application!

Our Mission is to Put Christian Principles into Practice Through Programs that Build Healthy Spirit, Mind & Body for ALL.