


MULTI-ROOM WINTER SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM		LES MILLS CXWORX Rachael M.		LES MILLS CXWORX Rachael M.			
5:30 AM	LES MILLS BODYPUMP Rachel S.	LES MILLS BODYCOMBAT Rachael M.	LES MILLS BODYSTEP Seth	LES MILLS BODYATTACK Seth & Rachael M.	LES MILLS BODYPUMP Rebekah		
8:15 AM	ACTIVE LIVING weights 8:30 a.m Sarah	LES MILLS BODYPUMP Melody	ACTIVE LIVING cardio 8:30 a.m. Nicole	LES MILLS BODYPUMP Mike	ACTIVE LIVING balance 8:30 a.m. Hollie	9:00 a.m.	LES MILLS BODYPUMP Rachel S.
9:30 AM	ACTIVE LIVING weights Leslie	LES MILLS BODYFLOW Rebekah	ACTIVE LIVING cardio Nicole	LES MILLS BODYVIVE Angela & Neely (45 MIN)	ACTIVE LIVING balance Hollie	10:15 a.m.	LES MILLS BODYJAM Rachael M.
11:30 AM	LES MILLS BODYSTEP Justin- (30 MIN STEP ATHLETIC)		LES MILLS CXWORX Angela	LES MILLS BODYSTEP Ramie- (30 MIN)		11:30 a.m.	LES MILLS BODYFLOW Halee & Velvet
NOON	LES MILLS BODYPUMP Mike	LES MILLS BODYSTEP Rachael M. & Mary	LES MILLS BODYCOMBAT Christa & Ramie	LES MILLS BODYPUMP Joseph & Sarah	LES MILLS CXWORX / LES MILLS BODYATTACK McKenzie		
3:45 PM		LES MILLS BODYCOMBAT Angela (30 MIN)					
4:15 PM	LES MILLS BODYCOMBAT Christa & Halee	LES MILLS BODYPUMP Neely	LES MILLS BODYATTACK McKenzie & Halee	LES MILLS BODYJAM Mary & Rachael M.	LES MILLS BODYPUMP Melody		
5:30 PM	LES MILLS BODYPUMP Joseph	LES MILLS BODYSTEP Seth & Justin	LES MILLS BODYPUMP Velvet & Neely	LES MILLS BODYFLOW McKenzie	LES MILLS BODYCOMBAT Rachel S.		
6:45 PM	ZUMBA Albert	ZUMBA Lorena	ZUMBA Albert				

WATER AEROBICS

1934 Hickory St.
325-670-6023

Monday, Wednesday, and Friday		Tuesday & Thursday	
6:00 AM	Level 3	7:00 AM	Level 1
7:00 AM	Level 2	10:00 AM	Level 1
NOON	Level 2	NOON	Level 1
1:00 PM - 2:30 PM	OPEN WALKING	1:00 PM - 2:30 PM	OPEN WALKING
5:00 PM	Mixed Levels	5:00 PM	Level 3



HENDRICK HEALTH CLUB GROUP EXERCISE SCHEDULE WINTER 2017-2018

SOFT ROOM						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM				Nicole		
8:30 AM	Brittney A.		Brittney A.		Albert/Brittney A.	
9:30 AM						
10:00 AM						
NOON	Nicole		Courtney		Janae	
5:00 PM		Teresa				
5:30 PM	Rebekah	Teresa & Velvet (45 MIN)		Teresa & Velvet (45 MIN)		
6:45 PM						

CLUB HOURS OF OPERATION	
Monday - Thursday	5 AM - 9 PM
Friday	5 AM - 8 PM
Saturday	8 AM - 2 PM
Sunday	CLOSED

KIDZ ZONE		
Monday - Thursday	8 AM - 1:30 PM	3:30 PM - 7:45 PM
Friday	8 AM - 1:30 PM	3:30 PM - 6:30 PM
Saturday	9 AM - 1 PM	
Sunday	CLOSED	

RPM STUDIO						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	Lori		Lori		Christa & Josh	
10:15 AM						Brian (60 MIN)
NOON	Josh					
4:30 PM	Linda	Christa	Lori	Linda		
5:30 PM	Christa	Brian	Crystal	Rachel S.		