


# FALL SCHEDULE- STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00 AM		<b>LES MILLS CXWORX</b> Rachael M.		<b>LES MILLS CXWORX</b> Rachael M.			
5:30 AM	<b>LES MILLS BODYPUMP</b> Mary	<b>LES MILLS BODYCOMBAT</b> Rachael M.	<b>LES MILLS BODYSTEP</b> Seth	<b>LES MILLS BODYATTACK</b> Seth & Rachael M.	<b>LES MILLS BODYPUMP</b> Rebekah		
8:15 AM	<b>ACTIVE LIVING</b> weights 8:30 a.m. Hollie	<b>LES MILLS BODYPUMP</b> Melody	<b>ACTIVE LIVING</b> cardio 8:30 a.m. Nicole	<b>LES MILLS BODYPUMP</b> Mike	<b>ACTIVE LIVING</b> balance 8:30 a.m. Elya	9:00 a.m.	<b>LES MILLS BODYPUMP</b> Bridget
9:30 AM	<b>ACTIVE LIVING</b> weights Hollie	<b>LES MILLS BODYFLOW</b> Rebekah	<b>ACTIVE LIVING</b> cardio Nicole		<b>ACTIVE LIVING</b> balance Elya	10:15 a.m.	<b>LES MILLS BODYJAM</b> Rachael M.
11:30 AM	<b>LES MILLS BODYSTEP</b> Justin- (30 MIN STEP ATHLETIC)			<b>LES MILLS BODYSTEP</b> Mary (30 MIN)		11:30 a.m.	<b>LES MILLS BODYFLOW</b> Halee & Velvet
NOON	<b>LES MILLS BODYPUMP</b> Mike	<b>LES MILLS BODYSTEP</b> Rachael M. & Ramie	<b>LES MILLS BODYCOMBAT</b> Christa & Ramie	<b>LES MILLS BODYPUMP</b> Joseph & Sarah	<b>LES MILLS CXWORX</b> / <b>LES MILLS BODYATTACK</b> McKenzie		
3:45 PM		<b>LES MILLS BODYCOMBAT</b> Christa (30 MIN)					
4:15 PM	<b>LES MILLS BODYCOMBAT</b> Christa & Halee	<b>LES MILLS BODYPUMP</b> Sarah	<b>LES MILLS BODYATTACK</b> McKenzie & Halee	<b>LES MILLS BODYJAM</b> Mary & Rachael M.	<b>LES MILLS BODYPUMP</b> Melody		
5:30 PM	<b>LES MILLS BODYPUMP</b> Joseph	<b>LES MILLS BODYSTEP</b> Seth & Justin	<b>LES MILLS BODYPUMP</b> Velvet & Bridget	<b>LES MILLS BODYFLOW</b> McKenzie	<b>LES MILLS BODYCOMBAT</b> Ramie & Rachael M.		
6:45 PM	<b>ZUMBA</b> Albert	<b>ZUMBA</b> Ashley	<b>ZUMBA</b> 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 FALL 2018

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	

STUDIO 2						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:35 AM			<b>tone</b> Angela	<b>LES MILLS BODYFLOW</b> Nicole		
8:30 AM	<b>ZUMBA</b> Brittney A.		<b>ZUMBA</b> Brittney A.		<b>ZUMBA</b> Albert/Brittney A.	
10:30 AM						<b>tone</b> Brianna
NOON	<b>LES MILLS BODYFLOW</b> Nicole		<b>LES MILLS BODYFLOW</b> Courtney		<b>LES MILLS BODYFLOW</b> Janae	
5:00 PM	<b>LES MILLS BODYJAM</b> Brittney M. (30 MIN)	<b>LES MILLS CXWORX</b> Teresa				
5:30 PM	<b>LES MILLS BODYFLOW</b> Rebekah	<b>tone</b> Teresa & Brianna		<b>tone</b> Teresa & Brianna		
6:45 PM						

CYCLE STUDIO						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	<b>LES MILLS RPM</b> Lori		<b>LES MILLS RPM</b> Lori		<b>LES MILLS RPM</b> Christa & Josh	
10:15 AM						<b>LES MILLS RPM</b> Brian (60 MIN)
NOON						
4:35 PM	<b>LES MILLS RPM</b> Linda	<b>LES MILLS RPM</b> Crystal	<b>LES MILLS RPM</b> Linda	<b>LES MILLS RPM</b> Brian		
5:30 PM	<b>LES MILLS RPM</b> Brian	<b>LES MILLS RPM</b> Josh	<b>LES MILLS RPM</b> Brian	<b>LES MILLS RPM</b> Crystal		