


WINTER SCHEDULE- STUDIO 1

	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 Mary	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. Hollie	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 Mary & Velvet
9:30 AM	ACTIVE LIVING weights Hollie	LES MILLS BODYFLOW Rebekah	ACTIVE LIVING cardio Nicole		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 BODYSTEP Mary (30 MIN)		11:30 a.m.	LES MILLS BODYFLOW Halee & Velvet
NOON	LES MILLS BODYPUMP Mike	LES MILLS BODYSTEP Rachael M. & Ramie	LES MILLS BODYCOMBAT Christa & Justin	LES MILLS BODYPUMP Joseph & Sarah	LES MILLS BODYFLOW Nicole		
3:45 PM		LES MILLS BODYCOMBAT Christa (30 MIN)					
4:15 PM	LES MILLS BODYCOMBAT Christa & Halee	LES MILLS BODYPUMP Sarah	LES MILLS BODYATTACK 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	LES MILLS BODYFLOW Velvet	LES MILLS BODYCOMBAT Rachael M.		
6:45 PM	ZUMBA Albert		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 2018/2019

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			tone Angela	BODYFLOW Melody		
8:30 AM	ZUMBA Brittney A.		ZUMBA Brittney A.		ZUMBA Albert/Brittney A.	
9:15 AM						ZUMBA Ashley
10:30 AM						tone Brianna
NOON	BODYFLOW Nicole		BODYFLOW Courtney		CXWORX Rachael	
5:00 PM	BODYJAM Brittney M. (30 MIN)	CXWORX Teresa				
5:30 PM	BODYFLOW Rebekah	tone Teresa & Brianna		tone Teresa		

CYCLE CINEMA						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	RPM Lori		RPM Lori		RPM Christa & Josh	
10:15 AM						RPM Brian (60 MIN)
NOON						
4:35 PM	RPM Linda	RPM Crystal	RPM Linda	RPM Brian		
5:30 PM	RPM Josh	RPM Josh	RPM Kalee	RPM Crystal		