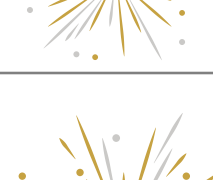
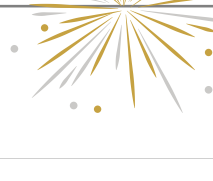


JANUARY 2024

HUNTINGTON POINTE FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:20 AM STRETCH & SCULPT MICAH	8:30-9:20 AM ZUMBA MIRYAM	8:30-9:20 AM BALANCE BENY	8:30-9:20 AM CHAIR SCULPT BW INSTRUCTOR	8:30-9:20 AM AEROBICS BW INSTRUCTOR	
9:30-10:30 AM WATER AEROBICS JUDY	9:30-10:30 AM WATER AEROBICS JOEL	9:30-10:30 AM WATER AEROBICS BENY	9:30-10:30 AM WATER AEROBICS HAPPY	9:30-10:30 AM WATER AEROBICS AMY	
11:00-11:50 AM MAT YOGA MERIDITH	10:00-10:50 AM MEDITATION / BREATHWORK BW INSTRUCTOR	11:00-11:50 AM FUNCTIONAL FITNESS BENY	9:30-10:20 AM ZUMBA JINEEN	11:00-11:50 AM MAT YOGA MERIDITH	
12:00-12:50 PM TAI CHI BEBE	11:00-11:50 AM CHAIR YOGA BW INSTRUCTOR	12:00-12:50 PM AEROBICS BENY	11:00-11:50 AM CHAIR YOGA BW INSTRUCTOR	1:00-1:50 PM AEROBICS BW INSTRUCTOR	
1:00-1:50 PM TAI CHI BEBE	12:30-1:20 PM FUNCTIONAL FITNESS BENY	1:00-1:50 PM STRETCH & SCULPT MICAH	2:00-2:50 PM PILATES BAYAN	2:00-2:50 PM CHAIR SCULPT MICAH	
			4:00-4:50 PM BALANCE JONATAN	3:00-3:50 PM MEDITATION / BREATHWORK FAYE	



"Push harder than yesterday if
you want a different tomorrow."

— UNKNOWN

■ ■ PERMANENT CLASS

PLEASE NOTE: ALL **LAND CLASSES** ARE
IN THE **FITNESS STUDIO** & ALL **WATER**
CLASSES ARE AT THE **NORTH POOL**.

**PLEASE NOTE: THERE WILL BE NO FITNESS
CLASSES ON MONDAY 1/1, NEW YEAR'S DAY!**