

# FEBRUARY 2024

## HUNTINGTON POINTE FITNESS CLASSES

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



"Love is the greatest refreshment in life."

- PABLO PICASSO

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