

# MARCH 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 MICAH	8:30-9:20 AM CHAIR SCULPT SHARON	8:30-9:20 AM AEROBICS BENY	8:30-9:20 AM 20/20/20 BENY
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 LISA	11:00-11:50 AM FUNCTIONAL FITNESS BENY	9:30-10:20 AM ZUMBA JINEEN	9:30-10:20 PM STRETCH & SCULPT SHARON	
12:00-12:50 PM TAI CHI BEBE	11:00-11:50 AM CHAIR YOGA LISA		11:00-11:50 AM CHAIR YOGA LEIZA	10:30-11:20 AM MAT YOGA SHAYNA	
1:00-1:50 PM TAI CHI BEBE	12:30-1:20 PM FUNCTIONAL FITNESS BENY	2:00-2:50 PM PILATES BAYAN	2:00-2:50 PM PILATES/CHAIR PILATES BAYAN	2:00-2:50 PM CHAIR SCULPT MICAH	
		4:00-4:50 PM BALANCE JONATAN	4:00-4:50 PM BALANCE JONATAN	3:00-3:50 PM MEDITATION / BREATHWORK FAYE	



Luck is a matter of preparation  
meeting opportunity.

-LUCIUS ANNAEUS SENECA

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