

# APRIL 2024



## HUNTINGTON POINTE FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:20 AM <b>STRETCH &amp; SCULPT</b> MICAHA	8:30-9:20 AM <b>ZUMBA</b> MIRYAM	8:30-9:20 AM <b>BALANCE</b> MICAHA	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> BENY
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	11:00-11:50 AM <b>CHAIR YOGA</b> LISA	11:00-11:50 AM <b>FUNCTIONAL FITNESS</b> BENY	9:30-10:20 AM <b>ZUMBA</b> JINEEN	9:30-10:20 AM <b>STRETCH &amp; SCULPT</b> DANIELA	
12:00-12:50 PM <b>TAI CHI</b> BEBE			11:00-11:50 AM <b>CHAIR YOGA</b> LEIZA	10:30-11:20 AM <b>MAT YOGA</b> SHAYNA	
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/CHAIR PILATES</b> BAYAN		
		4:00-4:50 PM <b>BALANCE</b> JONATAN	4:00-4:50 PM <b>BALANCE</b> JONATAN		

"Despite the forecast, live like it's spring."  
— LILLY PULITZER

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