

# AUGUST 2024

## HUNTINGTON POINTE FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-9:50 AM <b>ZUMBA</b> MIRYAM		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> BW INSTRUCTOR	9:30-10:30 AM <b>WATER AEROBICS</b> MICAH	9:30-10:30 AM <b>WATER AEROBICS</b> HAPPY	9:30-10:30 AM <b>WATER AEROBICS</b> AMY	
			9:30-10:20 AM <b>ZUMBA</b> JINEEN		
11:00-11:50 AM <b>MAT YOGA</b> MERIDITH	11:00-11:50 AM <b>CHAIR YOGA</b> ALEX	11:00-11:50 AM <b>FUNCTIONAL FITNESS</b> BENY	11:00-11:50 AM <b>CHAIR YOGA</b> LEIZA	11:00-11:50 AM <b>MAT YOGA</b> SHAYNA	
1:00-1:50 PM <b>TAI CHI</b> BEBE					
2:00-2:50 PM <b>TAI CHI</b> BEBE		4:15-5:05 PM <b>BALANCE</b> JONATAN		4:00-4:50 PM <b>BALANCE</b> JONATAN	

### UPCOMING GENERIC / HOLIDAY CLASS CANCELLATIONS:

**CLUBHOUSE CLOSURES**  
(WATER CLASSES WILL NOT BE  
AFFECTED & WILL CONTINUE

MONDAY-FRIDAY)

(MONDAY 8/5 TO  
SUNDAY 8/11)

**LABOR DAY**  
(MONDAY 9/2)

**ROSH HASHANAH**  
(THURSDAY & FRIDAY  
10/3-10/4)

**YOM KIPPUR**  
(FRIDAY 10/11)

**THANKSGIVING**  
(THURSDAY & FRIDAY  
11/28-11/29)

**CHRISTMAS**  
(TUESDAY & WEDNESDAY  
12/24 & 12/25)



"Keep your face always  
toward the sunshine—and  
shadows will fall behind you."

-WALT WHITMAN

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