

















JULY 2024

HUNTINGTON POINTE FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00-9:50 AM ZUMBA MIRYAM		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 BW INSTRUCTOR	9:30-10:30 AM WATER AEROBICS MICAH	9:30-10:30 AM WATER AEROBICS HAPPY	9:30-10:30 AM WATER AEROBICS AMY	
11:00-11:50 AM MAT YOGA MERIDITH	11:00-11:50 AM CHAIR YOGA ALEX		9:30-10:20 AM ZUMBA JINEEN	9:30 AM-10:20 AM STRETCH & SCULPT BENY	
12:00-12:50 PM TAI CHI BEBE		11:00-11:50 AM FUNCTIONAL FITNESS BENY	11:00-11:50 AM CHAIR YOGA LEIZA	11:00-11:50 AM MAT YOGA SHAYNA	
			1:00-1:50 PM PILATES/CHAIR PILATES BAYAN		
		4:15-5:05 PM BALANCE JONATAN		4:00-4:50 PM BALANCE JONATAN	



"The secret of happiness is freedom,
the secret of freedom is courage."

— CARRIE JONES

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

UPCOMING HOLIDAY CLASS CANCELLATIONS:

INDEPENDENCE DAY
(TUESDAY 7/4)

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)

SPECIALTY CLASSES FOR JULY 2024:

FRIDAY, JULY 12TH
7:00PM-8:00PM
LINE DANCE
RUTHIE

FRIDAY, JULY 26TH
7:00PM-8:00PM
LINE DANCE
RUTHIE