

# DECEMBER 2011

## HPC Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			<b>1</b> 5:00 Speed & Agility(open) 6:00 Back to Basics Instructor: Steve Jr	<b>2</b> 5:00 Speed & Agility (open) 6:00 Team Loaded Basketball Instructor: Steve	<b>3</b> 9:30 Burn and Firm Inst: Rebecca 12:00 Speed and Agil (open) 1:00 Fit Warrior	<b>4</b> 3:00 Speed & Agility Open  Instructor: Steve Jr
<b>5</b> 5:00 Speed & Agility(open) 6:00 Future Stars Baseball 6:00 Zumba Inst: Rebecca	<b>6</b> 6:00 Speed & Agility(open) 7:00 Back to Basics Instructor: Steve Jr	<b>7</b> 5:00 Speed & Agility(open) 6:00 Extreme East Coast Volleyball 7:00 Fit Warrior	<b>8</b> 5:00 Speed & Agility(open) 6:00 Back to Basics Instructor: Steve Jr	<b>9</b> 5:00 Speed & Agility (open) 6:00 Team Loaded Basketball Instructor: Steve	<b>10</b>  <b>HPC CLOSED</b> <b>LACROSSE</b>	<b>11</b>  <b>HPC CLOSED</b> <b>LACROSSE</b>
<b>12</b> 5:00 Speed & Agility(open) 6:00 Future Stars Baseball Inst: Steve Davis 6:00 Zumba Inst: Rebecca	<b>13</b> 6:00 Speed & Agility(open) 7:00 Back to Basics Instructor: Steve Jr	<b>14</b> 5:00 Speed & Agility(open) 6:00 Extreme East Coast Volleyball 7:00 Fit Warrior	<b>15</b> 5:00 Speed & Agility(open) 6:00 Back to Basics Instructor: Steve Jr	<b>16</b> 5:00 Speed & Agility (open) 6:00 Team Loaded Basketball Instructor: Steve D	<b>17</b> 9:30 Burn and Firm Inst: Rebecca 12:00 Speed and Agil (open) 1:00 Fit Warrior	<b>18</b> 3:00 Speed & Agility Open  Instructor: Steve Jr
<b>19</b> 5:00 Speed & Agility(open) 6:00 Future Stars Baseball Inst: Steve Davis 6:00 Zumba Inst: Rebecca	<b>20</b> 6:00 Speed & Agility(open) 7:00 Back to Basics Instructor: Steve Jr	<b>21</b> 5:00 Speed & Agility(open) 6:00 Extreme East Coast Volleyball 7:00 Fit Warrior	<b>22</b> 5:00 Speed & Agility(open) 6:00 Back to Basics Instructor: Steve Jr	<b>23</b> 5:00 Speed & Agility (open) 6:00 Team Loaded Basketball Instructor: Steve	<b>24</b> 12:00 Speed and Agil (open) 1:00 Fit Warrior	<b>25</b>  <b>CHRISTMAS</b>  <b>HPC CLOSED</b>
<b>26</b> 5:00 Speed & Agility(open) 6:00 Future Stars Baseball Inst: Steve Davis 6:00 Zumba	<b>27</b> 6:00 Speed & Agility(open) 7:00 Back to Basics Instructor: Steve Jr	<b>28</b> 5:00 Speed & Agility(open) 6:00 Extreme East Coast Volleyball 7:00 Fit Warrior	<b>29</b> 5:00 Speed & Agility(open) 6:00 Back to Basics Instructor: Steve Jr	<b>30</b> 5:00 Speed & Agility (open) 6:00 Team Loaded Basketball Instructor: Steve	<b>31</b> 12:00 Speed and Agil (open) 1:00 Fit Warrior	

### **HPC Hours of Operation**

**Monday- Friday- 8am-10pm  
Saturday- 10am-7pm  
Sunday-10am-6pm**

### **HPC Child Care Hours of Operation**

**Monday- Friday- 9am-2pm & 4pm-8pm  
Saturday- 9am-7pm  
Sunday- 12pm-4pm**

#### **Back to Basics- (Duration- 60 minutes)**

**Whether you are just getting back into the swing of things or are truly a beginner to the fitness world, then Back to Basics is the class for you! This class uses a combination of cardiovascular exercises, body resistance, free weights, core strengthening exercises and machines. These classes will jumpstart your exercise routine no matter what your fitness level.**

#### **Fit Warrior- (Duration-60 minutes)**

**Are you really fit? Warrior fit? This scientifically based total body transformation system combines principles of metabolic conditioning strength training, HIIT, and Tabata into a fun, yet challenging format.**

#### **Speed & Agility- (Duration-60 minutes)**

**Train to improve the body's ability to react faster and generate more speed while performing wide range of core and sport specific movement.**

**5PM- ages 9 to 13**

**6PM- ages 13 and up**

#### **Zumba- (Duration- 60 minutes)**

**Dance the night away to a healthier you! This workout uses unique Latin moves and rhythms. Also it incorporates dance elements from other cultures including Belly dancing and Hula.**