

# HLI NOVEMBER

# FITNESS SCHEDULE

Flip to Channel 95 on your TV to view these fitness videos from home.  
Classes every morning Monday - Friday.

<b>MONDAY</b>	8:30 AM - <b>Full Body Weight Training</b> 9:30 AM - <b>Zumba</b>
<b>TUESDAY</b>	8:30 AM - <b>Barre Fitness</b> 9:30 AM - <b>Chair Yoga Stretch</b>
<b>WEDNESDAY</b>	8:30 AM - <b>Advanced HIIT &amp; Cardio w/weights</b> 9:30 AM - <b>Kickboxing</b>
<b>THURSDAY</b>	8:30 AM - <b>Pilates Mat Toning</b> 9:30 AM - <b>Stand &amp; Box</b>
<b>FRIDAY</b>	8:30 AM - <b>Zumba</b> 9:30 AM - <b>Power Hour Yoga</b>

## DISCLAIMER:

Before beginning any new exercise regimen, ask your physician for recommendations. Please make sure you have plenty of safe, clutter-free space, appropriate shoes and water when working out at home.