

POWERHOUSE FITNESS GYM CENTER

NOVEMBER 2024 CLASS SCHEDULE

HOURS OF OPERATION AND CLASS DESCRIPTION ON BACK

INQUIRE ABOUT OUR FITNESS CHALLENGE

"BLUE SANTA" FOR NOVEMBER & DECEMBER



TIME	MON	TUE	WED	THU	FRI	SAT
8:30am				CYCLE 30 W/KATHY	STEP CLASS W/KATHY	
09:00am	STRENGTH W/KATHY	CYCLE 60 W/KATHY	STRENGTH W/KATHY	PILATES 45 W/KATHY		
9:30am						
9:30am						CROSSFIT FREE TO MEMBERS
10:00am	ZUMBA PARTY W/ANDREA	ZUMBA PARTY W/SILVIA	ZUMBA PARTY W/YANETH	ZUMBA PARTY W/HILDA		
10:30am					ZUMBA PARTY W/SALONI	
5:30pm	FITperformance W/SUSAN held in CrossFit Room	HIP HOP STEP/ZUMBA W/MICHELLE	FITperformance W/SUSAN held in CrossFit Room			
5:30pm	ZUMBA PARTY W/ISAMAR					
6:30pm	YIN YOGA W/MEGHAN	YANG YOGA W/MEGHAN	VINYASA YOGA W/SALONI	ZUMBA PARTY W/ANNA		

The Challenge Includes

- Nutrition - With a nutrition plan before and a follow up nutrition day about half way through.
- Plus recipe sharing day where members make a healthy dish and share the recipe with everyone. Basically getting together and eating and drinking healthy.
- Health Seminars - Give yourself all the information needed to make a positive change in your life.
- Beginner, intermediate, and advanced workouts.
- We will do a 5K run.
- We will be giving members results weekly!
- Grand Finale Day held in December 28th. We have a competition with prizes for beginners, intermediate and advanced.
- Entry is included in the price of the program.
- Non-participants encouraged to make donations.

To Sign up call
409-293-2637
or stop by the gym
We look forward to meeting you get fit for the holidays!

POWERHOUSE
FITNESS GYM CENTER

Blue Santa
CHALLENGE
2024

November 18th to December 28th

INQUIRE @ FRONT DESK FOR PARTICIPATION OR CALL 409.293.3637



KID'S CLUB HOURS OF OPERATION

Monday through Friday

8:00am to 12:15pm

4:00pm to 8:30pm

Saturday - 9am to noon

Sunday - Closed

POWERHOUSE GYM HOURS OF OPERATION

Monday through Wednesday

4:00am to Midnight

Thursday

4:00am to 11pm

Friday

4:00am to 9:00pm

Saturday

7:00am to 9:00pm

Sunday

8:00am to 7:00pm



Cycle 30:

Indoor Cycling at it's best!!! This 30 minute class will stimulate riding various terrain. Enjoy sprinting, climbing, interval training and more. A great class for beginners, intermedite and the advanced cyclist. Great Music and the Best Instructor!!!

Strength:

A weight training class designed to tone, strengthen and sculpt the body while burning a lot of calories

Step Class:

This class uses elevated platforms to get the heart rate up with a mixture of step movements.

A great calorie burning and fun way to exercise.

Pilates 45:

45 Minutes to Tone and Strengthen your abdominals, hips and back.

This is what Joseph Pilates refers to as your "Powerhouse". This Classic Pilates Class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility and strength. All Levels Welcome

Zumba:

A Fun, joyful latin inspired Fitness Class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa and Hip Hop. You will have the time of your life in this class.

FITperformance:

A high energy 45 Minute CrossTraining Class. Mixing functional, Strength and Cardiovascular Exercises making this workout efficient and results driven.

Yoga:

A system of controlled exercises that engages the mind and conditions the total body. With Yoga, this blend of mind, strength and flexibility training improves posture, reduces stress and creates long, lean muscles. Be where you are in the moment.

PLEASE BRING YOUR OWN MAT

Hip Hop Step & Zumba

Hip Hop Step for 30 Minutes and Zumba for 30 Minutes
You have the best of both worlds!