

# HDC GROUP FITNESS CLASSES

Effective May 6

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**See Virtual  
Class Schedule**

**11:15a -12:00p  
Zumba  
Keandra**

**11:15a -12:00p  
Cycle  
Sydney**

**11:15a -12:00p  
Tabata Sculpt  
Marcia**

**See Virtual  
Class schedule**

*All class sizes are limited.*

- Please contact the HDC Wellness Center Desk at (281) 966-4140 if you have any questions.
- Class schedules and/or instructors may change without notice depending on availability.
- For the most up-to-date class schedule and information, please visit our website at: [GreaterCorporateWellness.org](http://GreaterCorporateWellness.org)

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## **Hours**

Monday-Thursday: 5:30am-6pm

Friday: 5:30am-5pm



**GREATERMIDLAND  
CORPORATE  
WELLNESS**

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## Class Descriptions

**Zumba®:** Come join the party with Latin inspired dancing that will increase your cardiovascular endurance and tone & sculpt your body. Are you ready to party yourself into shape? Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

**Cycle:** Shed fat, improve heart health, and boost muscle endurance in this high intensity, low-impact, instructor-guided class. Your ride, your choice, you have the control – boost the power or reduce the intensity – the challenge is in your hands.

**Tabata Sculpt:** Weights and strength training principles to sculpt and work every muscle in your body.

**Stay Motivated.**

**Stay Consistent.**

**Stay Focused.**

***HAVE FUN!***

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