



AVAILABLE CLASSES

OPEN GYM EXPRESS

FIT STAFF

MON - FRI 6AM - 8PM | SAT 8AM - 1PM

COVFIT21

MONICA PADILLA

MON - FRI 6AM - 9AM

MON & WED 4:30PM - 8PM

COVFIT 1-1

MONICA PADILLA

MON, WED, FRI 11AM - 12:30PM

TUES & THURS 9:30AM - 1:30PM

MUSCLEFIT

GEORGE MANGUM

MON & WED 9AM & 5:30PM

MUSCLEWODS

GEORGE MANGUM

MON & WED 4:30PM

TUES & THURS 2:30PM & 3:45PM

FRI 9AM

CROSSFIT

HIGH PERFORMANCE

RANDY SAUSSER

TUES-FRI 4:30PM - 8PM

CROSSFIT

SUPERFIT SATURDAY

GEORGE MANGUM

SAT 9AM

YOGA

JESSICA ROMERO

TUES & THURS 10AM & 5:30PM

FITNESS 101

JESSICA ROMERO

MON, WED, FRI 3PM & 4PM

JESS-EXPRESS

JESSICA ROMERO

TUES & THURS 9AM & 6:30PM

WED & FRI 5PM

CONT. ON BACK

HITFIT

JESSICA ROMERO
MON, WED, FRI 10:30AM

TABATAS

JESSICA ROMERO
TUES & THURS 4:30PM

ZUMBA/POUND/STRONG/STEP

JESSICA ROMERO
ZUMBA: MON & WED 11:30AM
STEP: MON & WED 6PM | FRI 11:30AM
POUND: MON 5PM | TUES 12PM
STRONG NATION: THURS 11:30AM

HEALTHY AGING

FIT STAFF
SENIOR CHAIR EXERCISE:
MON & WED 12:30PM
RETROLITE:
MON & WED 9:30AM
RETROFIT:
TUES & THURS 11AM
RETROSTRONG:
MON 1PM | SAT 8AM
SENIOR LINE DANCING:
FRI 9:30AM
BRAIN TRAIN ACADEMY:
FRI 10:30AM

MENTAL FITNESS

MANDY OLIEKAN & GEORGE MANGUM
GUIDED MEDITATION
MON & WED 12:30PM
GOOD VIBE TRIBE-
POSITIVE PSYCHOLOGY TOPICS
MON 12PM (VIA ZOOM)

All classes are FREE for Heritage Members!
Not a member? Call 800.655.9999 or visit
hvvmg.com to sign up TODAY!