Ochsner

HOLIDAY HUSTLE

PARTICIPANT'S NAME

GROUP FITNESS

High Intensity = 5 Points

GRIT | MMA | H.I.I.T.
ATTACK | SHRED IT
COMBAT | TABATA

Medium Intensity = 3 Points

BODYPUMP | SPINNING
CXWORX | BODYVIVE
ZUMBA | STEP

Low Intensity = 1 Point

YOGA | BODYFLOW
PILATES | 30/30 MIXER

HOLIDAY HUSTLE TOTAL POINTS

SPINNING PROGRAM

Bike computers log mileage. Instructor signs off after each class for verification.

HOLIDAY HUSTLE TOTAL MILEAGE

MONDAY, NOV 13	TUESDAY, NOV 14	WEDNESDAY, NOV 15	THURSDAY, NOV 16	FRIDAY, NOV 17	SATURDAY, NOV 18	SUNDAY, NOV 19
MILES	MILES	MILES	MILES	MILES	MILES	MILES
POINTS	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS

MONDAY, NOV 20	TUESDAY, NOV 21	WEDNESDAY, NOV 22	THURSDAY, NOV 23	FRIDAY, NOV 24	SATURDAY, NOV 25	SUNDAY, NOV 26
MILES	MILES	MILES	MILES	MILES	MILES	MILES
POINTS	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS

MONDAY, NOV 27	TUESDAY, NOV 28	WEDNESDAY, NOV 29	THURSDAY, NOV 30	FRIDAY, DEC 1	SATURDAY, DEC 2	SUNDAY, DEC 3
MILES	MILES	MILES	MILES	MILES	MILES	MILES
POINTS	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS

MONDAY, DEC 4	TUESDAY, DEC 5	WEDNESDAY, DEC 6	THURSDAY, DEC 7	FRIDAY, DEC 8	SATURDAY, DEC 9	SUNDAY, DEC 10
MILES	MILES	MILES	MILES	MILES	MILES	MILES
POINTS	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS

MONDAY, DEC 11	TUESDAY, DEC 12	WEDNESDAY, DEC 13	THURSDAY, DEC 14	FRIDAY, DEC 15	SATURDAY, DEC 16	SUNDAY, DEC 17
MILES	MILES	MILES	MILES	MILES	MILES	MILES
POINTS	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS

MONDAY, DEC 18	TUESDAY, DEC 19	WEDNESDAY, DEC 20	THURSDAY, DEC 21	FRIDAY, DEC 22	SATURDAY, DEC 23	SUNDAY, DEC 24
MILES	MILES	MILES	MILES	MILES	MILES	MILES
POINTS	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS

MONDAY, DEC 25	TUESDAY, DEC 26	WEDNESDAY, DEC 27	THURSDAY, DEC 28	FRIDAY, DEC 29	SATURDAY, DEC 30	SUNDAY, DEC 31
NO CLASSES RELAX!	MILES	MILES	MILES	MILES	MILES	MILES
	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS	INSTRUCTOR INITIALS