

Effective 12/3/17

**FLYING HILLS FITNESS CENTER**

GROUP EX SCHEDULE

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU
<b>CYCLE</b> 6:00-6:45AM Clyde	1	<b>BODY PUMP</b> 6:00-7:00AM Tina	1	<b>CYCLE</b> 6:00-6:45AM Cindy	1	<b>BODY PUMP</b> 6:00-7:00AM Tina	1	<b>CYCLE</b> 6:00-6:45AM Tina	1	<b>CYCLE</b> 8:00-8:55AM Helen	1	<b>PILATES</b> 8:30-9:15AM Cindy
<b>ZUMBA</b> 8:30-9:15AM Karen	1	<b>FAT BURNER</b> 8:30-9:15AM Chris	1	<b>BODY FLOW</b> 8:30-9:30AM Monica	2	<b>FAT BURNER</b> 8:30-9:15AM Chris	1	<b>BODY STEP</b> 8:30-9:15AM Marilyne	1	<b>STEP</b> 9:15-10:15AM Kathy	1	<b>CYCLE</b> 9:30-10:30AM Rotating Instructor
<b>CORE CRAZY</b> 9:15-9:45AM Karen	1	<b>PILATES</b> 9:20-10:05AM Amy	1	<b>ZUMBA</b> 9:15-10:00AM Chastitiy	1	<b>SILVER SNEAKERS</b> 10:15-11:00AM Karen	1	<b>PILATES</b> 9:20-10:05AM Marilyn	1	<b>BODY PUMP</b> 10:15-11:15am Heather	1	
<b>SILVER SNEAKERS YOGA</b> 10:15-11:00AM Karen	1	<b>CYCLE</b> 12:10-1:00PM Kris	1			<b>CYCLE</b> 12:10-1:00PM Clyde	1					
<b>BODY SCULPTING</b> 4:30-5:25PM Chris	1	<b>CYCLE</b> 4:30-5:25PM Cindy	1	<b>BODY SCULPTING</b> 4:30-5:25PM Chris	1							
<b>FAT BURNER</b> 5:30-6:25PM Kathy	1	<b>BODY PUMP</b> 5:30-6:25PM Helen	1	<b>STEP</b> 5:30-6:25PM Kathy	1	<b>BODY PUMP</b> 5:30-6:25PM Heather	1					
<b>BODY STEP</b> 6:30-7:30PM Kathy	1	<b>PILATES</b> 5:30-6:30PM Cindy	2			<b>BODYFLOW</b> 5:30-6:30PM Donna	2					
		<b>ZUMBA</b> 6:30-7:30PM Chastity	1			<b>CARDIO KICKBOX</b> 6:30-7:30PM Ethe	1					



GROUP FITNESS SCHEDULE IS SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY AND BAD WEATHER. PLEASE WATCH FOR UPDATES. WE SUGGEST SUBSCRIBING TO TEXT / WHATSAPP FOR FASTER NOTIFICATION OF SCHEDULE CHANGES. SIMPLY TEXT THE KEYWORD FlyingHills (with the word) to 844-83.

**LES MILLS** **LES MILLS** **L**  
**BODY PUMP** **BODY FLOW** **B**

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# FLYING HILLS FITNESS CENTER

GROUP EX SCHEDULE

STUDIO
1
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SUBJECT TO  
ABILITY OR  
UPDATES.  
ALERTS FOR  
CHANGES:  
ills (all one

