

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
<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	1
<b>ZUMBA</b> 6:30-9:15AM 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>CORE CRAZY</b> 6:15-9:45AM Karen	1	<b>PILATES</b> 9:20-10:05AM Amy	1	<b>ZUMBA</b> 9:15-10:00AM Chastitiy	1	<b>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						
<b>VINYASA YOGA*</b> 9:30-10:30AM KEYA	2			<b>VINYASA YOGA*</b> 9:30-10:30AM KEYA	2								



Fall 2017

**LES MILLS**  
**BODY PUMP**

**LES MILLS**  
**BODY FLOW**

**LES MILLS**  
**BODY STEP**



GROUP FITNESS SCHEDULE IS SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY OR BAD WEATHER. PLEASE WATCH FOR UPDATES. WE SUGGEST SUBSCRIBING TO TEXT ALERTS FOR FASTER NOTIFICATION OF SCHEDULE CHANGES: SIMPLY TEXT THE KEYWORD FlyingHills (all one word) to 844-83.

**\*FEE BASED CLASSES: VINYASA YOGA IS OFFERED ON MONDAY & WEDNESDAY MORNINGS AT 9:30AM WITH KEYA. FOR MORE INFORMATION ON KEYA, GO TO WWW.NOURISHED-MOTHERHOOD.COM**