



GROUP FITNESS SCHEDULE

Main Group Ex Studio *Classes with (*2) are held in studio #2* *Spring 2017*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--------------------------------------|---------------------------------------|
| 8:30 – 9:15 Pilates Cindy | 6:00 – 6:45 Cycle Clyde | 6:00 – 7:00 Body Pump Tina | 6:00 – 6:45 Cycle Cindy | 6:00 – 7:00 Body Pump Tina | 6:00 – 6:45 Cycle Tina | |
| | 8:30 – 9:15 Zumba Karen | 8:30 – 9:15 Fat Burner Chris | 8:30 – 9:30 *Body Flow*2 Monica | 8:30 – 9:15 Fat Burner Chris | 8:30 – 9:15 Body Step Marilyne | 8:00 – 8:55 Cycle Helen |
| 9:30 – 10:30 Cycle Rotating Instructor | 9:15 – 9:45 Core Crazy Karen | 9:20 – 10:05 Pilates Marilyne | | | 9:20 – 10:05 Pilates Marilyne | 9:15 – 10:15 Step Kathy |
| | | 10:15 – 11:00 Silver Sneakers Marilyne | | 10:15 – 11:00 Silver Sneakers Karen | | 10:15 – 11:15 Body Pump Heather |
| | | 12:10 – 1:00 Cycle Kris | | 12:10 – 1:00 Cycle Ali | | |
| | 4:30 – 5:25 Body Sculpting Chris | 4:30 – 5:25 Cycle Cindy | 4:30 – 5:25 Body Sculpting Chris | 4:30 – 5:25 Cycle Rotating Instructors | | |
| | 5:30 – 6:25 Fat Burner Kathy | 5:30 – 6:25 Body Pump Helen | 5:30 – 6:25 Step Kathy | 5:30 – 6:25 Body Pump Heather | | |
| | | 5:30 – 6:30 *Pilates*2 Cindy | | 5:30 – 6:30 *Body Flow*2 Donna | | |
| | 6:30 – 7:30 Body Step Kathy | 6:30 – 7:30 Zumba Ethe | | 6:30 – 7:30 Zumba Mary Fran | | |

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.

Specialty Classes – *Fee based classes. Classes are held in Studio #2*

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|---------|-------------------------------|----------|--------|----------|
| | 9:30a – 10:30a VinyasaYoga | | 9:30a – 10:30a VinyasaYoga | | | |
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