

<b>M</b>	STUDIO	<b>T</b>	STUDIO	<b>W</b>	STUDIO	<b>TH</b>	STUDIO	<b>F</b>	STUDIO	<b>SA</b>	STUDIO	<b>SU</b>	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> 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	1	<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	1
<b>CORE CRAZY</b> 9:15-9:45AM Karen	1	<b>PILATES</b> 9:20-10:05AM Amy	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>CYCLE</b> 4:30-5:25PM Rotating Instructors	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> 6:45-7:45PM Ethe	1			<b>ZUMBA</b> 6:45-7:45PM Ethe	1						
<b>VINYASA YOGA*</b> 9:30-10:30AM KEYA	2			<b>VINYASA YOGA*</b> 9:30-10:30AM KEYA	2								



**\*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**

**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.**



