



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 Clyde		
	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	6:45 – 7:45 Zumba Ethe		6:45 – 7:45 Zumba Ethe		

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			