

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

LES MILLS **LES MILLS** **LES MILLS**
BODY PUMP **BODY FLOW** **BODY STEP**