

Effective 3/1/18

FLYING HILLS FITNESS CENTER

GROUP EX SCHEDULE

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



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



STUDIO
1
1



SUBJECT TO
ABILITY OR
UPDATES.
T ALERTS
CHEDULE
YWORD
I-83.

