

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	BODYFLOW 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		
CORE CRAZY 9:15-9:45AM Karen	1	PILATES 9:20-10:05AM Amy	1	ZUMBA 9:15-10:00AM Chastity	1	SILVER SNEAKERS 10:15-11:00AM Karen	1	PILATES 9:20-10:05AM Marilyne	1	BODY PUMP 10:15-11:15am Heather	1		
SNEAKERS YOGA 10:15-11:00AM Karen	1		1				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 Chastity	1			CYCLE 6:45-7:30PM Mike	1						



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.

