

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



**HAPPY HOLIDAYS!**

Schedule is subject to change due to instructor availability or weather conditions. Please watch for updates on Facebook. We suggest subscribing to text alerts for faster notification of schedule changes. Simply text the KEYWORD: FlyingHills (all one word) to 844-83

