

Effective 1/1/19

FLYING HILLS FITNESS CENTER WINTER GROUP EX SCHEDULE

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU
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
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 Chastitiy	1	SILVER SNEAKERS 9:30-10:15AM Karen	1	PILATES 9:20-10:05AM Marilyne	1	BODY PUMP 10:15-11:15am Heather	1	
SILVER SNEAKERS YOGA 10:15-11:00AM Karen	1	CYCLE 12:10 - 1:00 Kris	1			CYCLE 12:10 - 1:00 Kris/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				2					
		ZUMBA 6:30-7:30PM Chastity	1			CYCLE 6:45-7:30PM Mike	1					



GROUP FITNESS SCHEDULE IS SUBJECT TO INSTRUCTOR AVAILABILITY / WEATHER. PLEASE WATCH FOR UPDATES. SUGGEST SUBSCRIBING TO TEXT ALERTS FOR NOTIFICATION OF SCHEDULE CHANGES: THE KEYWORD FlyingHills (all one word)

LES MILLS BODY PUMP **LES MILLS BODY FLOW** **LES MILLS BODY BALANCE**

STUDIO
1



TO CHANGE
OR BAD
DATES. WE
FOR FASTER
SIMPLY TEXT
d) to 844-83.

ESMILLS
ODYSTEP