

M	T	W	TH	F	SA	SU
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	BODYFLOW 8:30-9:30AM Monica	FAT BURNER 8:30-9:15AM Chris	BODY STEP 8:30-9:15AM Marilyne	STEP 9:15-10:15AM Kathy	
CORE CRAZY 9:15-9:45AM Karen	PILATES 9:20-10:05AM Amy	BODY STEP 8:15-9:10AM Marilyne	SILVER SNEAKERS 9:30-10:15AM 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 - 1:00 Kris	ZUMBA 9:15-10:00AM Chastitiy	CYCLE 12:10 - 1:00 Kris/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					
	ZUMBA 6:30-7:30PM Chastity					



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
BODY PUMP

LES MILLS **LES MILLS**
BODYFLOW **BODYSTEP**

