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	STUDIO		STUDIO		STUDIO		STUDIO		STUDIO		STUDIO		STUDIO
<b>CYCLE</b> 6:00-6:45AM Clyde	1	<b>BODY PUMP</b> 6:00-700AM Tina	1	<b>CYCLE</b> 6:00-6:45AM Cindy	1	<b>BODY PUMP</b> 6:00-700AM Tina	1	<b>CYCLE</b> 6:00-6:45AM Tina	1	<b>CYCLE</b> 8:00-8:55AM Helen	1	<b>PILATES</b> 8:30-9:15AM Cindy	1
<b>ZUMBA</b> 8:30-9:15AM Karen	1	<b>FAT BURNER</b> 8:30-9:15AM Chris	1	<b>BODYFLOW</b> 8:30-9:30AM Monica	2	<b>FAT BURNER</b> 8:30-9:15AM Chris	1	<b>BODY STEP</b> 8:30-9:15AM Marilyne	1	<b>STEP</b> 9:15-10:15AM Kathy	1		
<b>CORE CRAZY</b> 9:15-9:45AM Karen	1	<b>PILATES</b> 9:20-10:05AM Amy	1	<b>BODY STEP</b> 8:15-9:10AM Marilyne	1	<b>SILVER SNEAKERS</b> 9:30-10:15AM Karen	1	<b>PILATES</b> 9:20-10:05AM Marilyne	1	<b>BODY PUMP</b> 10:15-11:15am Heather	1		
<b>SILVER SNEAKERS YOGA</b> 10:15-11:00AM Karen	1	<b>CYCLE</b> 12:10 - 1:00 Kris	1	<b>ZUMBA</b> 9:30-10:15AM Chastitiy									
<b>BODY SCULPTING</b> 4:30-5:25PM Chris	1	<b>CYCLE</b> 4:30-5:25PM Cindy	1	<b>BODY SCULPTING</b> 4:30-5:25PM Chris	1								
<b>FAT BURNER</b> 5:30-6:25PM Kathy	1	<b>BODY PUMP</b> 5:30-6:25PM Helen	1	<b>STEP</b> 5:30-6:25PM Kathy	1	<b>BODY PUMP</b> 5:30-6:25PM Heather	1						
<b>BODY STEP</b> 6:30-7:30PM Kathy	1	<b>PILATES</b> 5:30-6:30PM Cindy	2										
		<b>ZUMBA</b> 6:35-7:30PM Chastitiy	1			<b>ZUMBA</b> 6:35-7:30PM Chastitiy	1						



**PLEASE NOTE:**  
 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.



Effective 4/1/19

**FLYING HILLS FITNESS CENTER**

SPRING GROUP EX SCHEDULE