

Flying Hills Fitness
 Temporary Group Fitness Schedule

| M | STUDIO | T | STUDIO | W | STUDIO | TH | STUDIO | F | STUDIO | SA | STUDIO | SU | STUDIO |
|---|--------|-------------------------------------|--------|----------------------------------|--------|---|--------|-------------------------------------|--------|-------------------------------|--------|---------------------------------|--------|
| Zumba 8:30-9:15AM Karen | 1 | BODY PUMP 6:00-7:00AM Marilyn | 1 | | | BODY PUMP 6:00-7:00AM Tina | 1 | CYCLE 6:00-6:45AM Tina | 1 | | | PILATES 8:30-9:15AM Cindy | 1 |
| SILVER SNEAKERS YOGA 9:30-10:15AM Karen | 1 | Fat Burner 8:30-9:15AM Chris | 1 | ZUMBA GOLD 9:30-10:15 Tony | | Fat Burner 8:30-9:15AM Chris | 1 | PILATES 9:15-10:00AM Marilyne | 1 | STEP 9:15-10:15AM Kathy | | | |
| Body Sculpting 4:30-5:15PM Chris | 1 | PILATES 5:30-6:30PM Cindy | 2 | Body Step 5:30-6:30 Kathy | 1 | SILVER SNEAKERS 9:30-10:15AM Karen | 1 | | | | | | |
| FAT BURNER (week 1&3) BURN & BUFF (week 2&4) 5:30-6:25PM Kathy | 1 | | | | | | | | | | | | |



TEAMWORK = WORKING TOGETHER TO KEEP EACH OTHER HEALTHY!

COVID ALERT:
Class Size Is Limited For All Classes.
First Come, First Serve

WELCOME BACK MEMBERS! This is a temporary schedule. Your patience is appreciated as we proceed safely. Please bring the following: Mat, sweat towel and water bottle. All equipment must be thoroughly sanitized after use by each member.

Flying Hills Fitness Center
201 Love Rd. Reading PA
chbsports.com 610-775-9651

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Effective 9/6/20