

Flying Hills Fitness
Group
FitnessSchedule

Effective 3/21/21

M	STUDIO	T	STUDIO	W	STUDIO	TH	STUDIO	F	STUDIO	SA	STUDIO	SU	STUDIO
CYCLE 6:00AM-6:45AM Clyde	1	BODY PUMP 6:00AM-7:00AM Marilyne	1			BODY PUMP 6:00-700 AM Tina	1	CYCLE 6:00AM-6:45AM Tina	1				
ZUMBA 8:30AM-9:15AM Karen	1	FAT BURNER 8:30AM-9:15AM Chris	1			FAT BURNER 8:30AM-9:15AM Chris	1					PILATES 8:30-9:15AM Cindy	1
SILVER SNEAKERSYOGA 9:30-10:15 AM Karen	1			ZUMBA GOLD 9:30-10:30AM Tony	1	SILVER SNEAKERS 9:30-10:15AM Karen	1	PILATES 9:15-10:00AM Marilyne	1	STEP 9:15-10:15AM Kathy	1		
BODY SCULPTING 4:30-5:15 PM Chris	1												
FAT BURNER (week 1&3) BURN & BUFF 5:30-6:30 PM Kathy	1	PILATES 5:30-6:30PM Cindy	1	BODY STEP 5:30-6:30 PM Kathy	1								
						ZUMBA 6:30-7:30AM Tony	1						



WELCOME BACK MEMBERS! This schedule is temporary and will grow over time. As this happens some class days, times and lengths will change. 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.

TEAMWORK = WORKING TOGETHER TO KEEP EACH OTHER HEALTHY!

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