



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 A.M. <b>Barre - Upstairs</b> Heather Foy	5:30-6:15 A.M. <b>REFIT</b> Bettie Smith	5:30-6:15 A.M. <b>Turbo Kick</b> Heather Foy	5:30-6:15 A.M. <b>Yoga - Upstairs</b> Heather Foy	5:30-6:15 A.M. <b>Barre - Upstairs</b> Heather Foy	
8:15-9:00 A.M. <b>Let's Move</b> Sue Livers	8:15-9:15 A.M. <b>Tabata Tuesday</b> Jennifer Sproles	8:15-9:00 A.M. <b>Cross Camp</b> Stacy Howser	8:15-9:00 A.M. <b>Lifetime Fitness</b> Tracy Hammond	8:15-9:15 A.M. <b>Body Sculpt</b> Jennifer Sproles	8:15-9:00 A.M. <b>Cross Camp</b> Various Instructors
9:15-10:00 a.m. <b>POUND</b> Beth Allen	9:20-10:05 a.m. <b>Silver Sneakers</b> Tracy Hammond	9:20-10:05 a.m. <b>Silver Sneakers</b> Tracy Hammond	9:20-10:05 a.m. <b>Silver Sneakers</b> Tracy Hammond	9:15-10:00 a.m. <b>POUND</b> Beth Allen	9:10-10:10 A.M. <b>REFIT</b> Brandy Graham
12-3:00 p.m. <b>PICKLEBALL</b>	4:30-5:15 P.M. <b>Cross Camp</b> Jennifer Sproles	12-3:00 p.m. <b>PICKLEBALL</b>	4:30-5:15 P.M. <b>REFIT</b> Jennifer Carroll	12-3:00 p.m. <b>PICKLEBALL</b>	
5:15-6:00 P.M. <b>Super Sets</b> Stacy Howser	5:25-6:15 P.M. <b>Rev &amp; Flow</b> Brandy Graham	5:30-6:15 P.M. <b>POUND</b> Beth Allen	5:25-5:55 P.M. <b>Rapid Results</b> Stacy Howser		
		6:30-8:45p.m. Flyers dance practices in gymnasium Thru March	6:00-7:00p.m. Flyers dance practices in gymnasium Thru March		

**22 weekly classes – All FREE with your FFTK membership!**

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Questions regarding group exercise schedule – Please contact Heather Foy at [hfoyo@yahoo.com](mailto:hfoyo@yahoo.com) or 812-701-2579