



**Friday January 1 – Saturday January 30**

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>Turbo Kick</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> Jennifer Sproles	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> Jennifer Sproles	9:10-10:00 A.M. <b>REFIT</b> Brandy Graham
4:45-5:15 P.M. <b>Body Blast Express</b> Tracy Hammond			4:30-5:15 P.M. <b>Turbo Kick</b> Angel Traylor		
5:15-6:00 P.M. <b>Super Sets</b> Stacy Howser	5:25-6:15 P.M. <b>REFIT</b> Brandy Graham	5:25-6:15 P.M. <b>REFIT</b> Angel Traylor	5:25-5:55 P.M. <b>Rapid Results</b> Gary Bennett		<b>*** SUNDAYS ***</b> <b>Flyers dance practices</b> <b>take place in the</b> <b>gymnasium from 2:00-</b> <b>6:00pm each week.</b>
6:00-6:45 P.M. <b>Turbo Kick</b> Stacy Howser	6:30-7:45 P.M. <b>Flyers Dance practice</b> <b>in gymnasium</b>	7:00-8:45 P.M. <b>Flyers Dance practice</b> <b>in gymnasium</b>			

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

Video samples & written descriptions for classes on our website – [www.fitfortheKing.com](http://www.fitfortheKing.com).

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