



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

22 weekly classes – All FREE with your FFTK membership!

Video samples & written descriptions for classes on our website – www.fitfortheKing.com.

Please “Like” us on Facebook – www.facebook.com/FitForTheKingFitnessCenter and “Follow” us on Instagram @fftkfitness

Questions regarding group exercise schedule – Please contact Heather Foy at hnfoy@yahoo.com or 812-701-2579