



March 2020 - Coming soon to the Group Class schedule – REFIT!

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. Barre-Upstairs Heather Foy	
8:15-9:00 A.M. Let's Move Sue Livers	8:15-9:15 A.M. Body Sculpt 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
9:15-10:15 a.m. POUND & PUMP Jennifer Sproles	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 Jennifer Sproles	
4:45-5:15 P.M. Body Blast Express Tracy Hammond	4:30-5:15 P.M. Cross Camp Tracy Hammond		4:30-5:15 P.M. Turbo Kick Heather Foy		
5:15-6:00 P.M. Super Sets Stacy Howser	5:15-6:00 P.M. POUND Samantha Adams	5:15-6:00 P.M. SWEAT! Tracy Hammond	5:25-5:55 P.M. Rapid Results Gary Bennett		
6:00-6:45 P.M. Turbo Kick Stacy Howser		6:00-6:45 P.M. POUND Samantha Adams	6:00-6:45 P.M. ZUMBA Angela Vest		

24 awesome classes each week – Included FREE with your FFTK membership!

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

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

Childcare Hours: Monday thru Friday / 8:00a.m. – 12:00 p.m. Monday thru Thursday / 4:00 – 7:00p.m. Friday / 4:00 – 6:00p.m. and Saturday 8:00 - 11:00am

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