



April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15am Barre-Upstairs Heather Foy		5:30-6:15 A.M. Turbo Kick Heather Foy		5:30-6:15A.M. Rise and Shine Yoga- Upstairs Heather Foy	
8:15-9:00A.M. Let's Move Jennifer Sproles	8:15-9:15 A.M. Body Sculpt Jennifer Sproles	8:15-9:00am 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
9:20-10:05 a.m. POUND Shauna Reilmann	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	9:20-10:05 POUND Shauna Reilmann	9:20-10:20 a.m. POUND Samantha Adams
4:45-5:15 P.M. Body Blast Express Tracy Hammond	4:30-5:15 p.m. Cross Camp Tracy Hammond	4:30-5:15p.m. Barre-Upstairs Heather Foy	4:30-5:15 p.m. Turbo Kick Angel Traylor		
5:15-6:00 P.M. Super Sets Stacy Howser	5:15-6:00 p.m. POUND Stacy Howser	5:15-6:00 p.m. Insanity Tracy Hammond	5:15-6:00 p.m. SWEAT! Tracy Hammond		
6:00-6:45 P.M. Turbo Kick Stacy Howser	6:15-7:15 p.m. Yoga – Upstairs Crystal Dashiell	6:00-6:45 p.m. Pound Samantha Adams	6:00-6:45 p.m. ZUMBA Angela Vest		

Video samples & written descriptions for classes on our website – www.fitfortheKing.com. Please “Like” us on Facebook – www.facebook.com/FitForTheKingFitnessCenter

Childcare Hours: Monday thru Saturday / 8:00a.m. – 12:00 p.m. Monday thru Thursday / 4:00p.m. – 8:00p.m. Friday / 4:00p.m. – 6:00p.m.

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