



## March 2019

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

Video samples & written descriptions for classes on our website – [www.fitfortheKing.com](http://www.fitfortheKing.com). Please “Like” us on Facebook – [www.facebook.com/FitForTheKingFitnessCenter](http://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](mailto:hnfoy@yahoo.com) or 812-701-2579