



December 2018

| 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 | | 8:15-9:00 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 | | 4:30-5:15 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 | | |
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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

We will be closing at noon on 12/24 and 7 on 12/31



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

Please “Like” us on Facebook – www.facebook.com/FitForTheKingFitnessCenter

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