



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 A.M. <b>Barre - Upstairs</b> Heather Foy	5:30-6:15 A.M. <b>REFIT</b> Brandy Graham	5:30-6:15 A.M. <b>Turbo Kick</b> Heather Foy	5:30-6:15 A.M. <b>Yoga</b> Heather Foy	5:30-6:15 A.M. <b>Barre - Upstairs</b> Heather Foy	
8:15-9:00 A.M. <b>Let's Move</b> Sue Livers	8:15-9:15 A.M. <b>Tabata Tuesday</b> Jennifer Sproles	8:15-9:00 A.M. <b>Cross Camp</b> Stacy Howser		8:15-9:15 A.M. <b>Body Sculpt</b> Jennifer Sproles	8:15-9:00 A.M. <b>Cross Camp</b> Various Instructors
9:15-10:00 a.m. <b>POUND</b> Sam Adams	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		9:10-10:10 A.M. <b>REFIT</b> Brandy Graham
10:30-1:30 p.m. <b>PICKLEBALL</b>		10:30-1:30 p.m. <b>PICKLEBALL</b>	4:30-5:15 P.M. <b>REFIT</b> Jennifer Carroll	10:30-1:30 p.m. <b>PICKLEBALL</b>	
4:30-5:15 P.M. <b>REFIT</b> Angel Traylor	5:25-6:15 P.M. <b>Rev &amp; Flow</b> Brandy Graham	5:30-6:15 P.M. <b>POUND</b> Sam Adams	5:25-5:55 P.M. <b>Rapid Results</b> Stacy Howser		
5:15-6:00 P.M. <b>Super Sets</b> Stacy Howser		<b>6:30-8:45p.m.</b> Flyers dance practices in gymnasium Thru March	<b>6:00-7:00p.m.</b> Flyers dance practices in gymnasium Thru March		

**22 weekly classes – All FREE with your FFTK membership!** 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](https://www.facebook.com/FitForTheKingFitnessCenter) and “Follow” us on Instagram @fftkfitness Questions regarding group exercise schedule – Please contact Heather Foy at [hfof@yahoo.com](mailto:hfof@yahoo.com) or 812-701-2579