



GROUP EXERCISE SCHEDULE FLOWOOD

Effective: 03/05/2019

CLASS PARTICIPANTS MUST BE 13 YEARS OR OLDER

MONDAY

CLASS	INSTRUCTOR	LOCATION
5:00am Boot Camp	Jill	Arena
5:30am Abs/Cycle	Sally	Cycle Room
8:00am Sculpt & Tone	Rita	Group Exercise Room
8:45am Step	Chloe	Group Exercise Room
9:00am Boot Camp	Jill	Arena
9:30am Mat Pilates	Rita	Group Exercise Room
10:30am Silver Sneakers	Frieda	Group Exercise Room
4:30pm Boot Camp	Karen	Arena
4:45pm Y-Cycle	Jopi	Cycle Room
4:45pm Body Sculpt	Laurie	Group Exercise Room
5:30pm Boot Camp	Karen	Arena
5:45pm Y-Cycle	Jennifer	Cycle Room
5:45pm Body Sculpt	Nancilynn	Group Exercise Room
6:30pm Zumba	Karen	Group Exercise Room

TUESDAY

CLASS	INSTRUCTOR	LOCATION
5:00am Boot Camp	RaShard	Arena
5:30am Body Sculpt	Jill	Group Exercise Room
8:30am Zumba	Karen	Group Exercise Room
8:30am Y-Cycle	Christy	Cycle Room
9:00am Boot Camp	RaShard	Arena
9:30am Body Sculpt	Martha	Group Exercise Room
10:30am Yoga	Pam	Group Exercise Room
4:30pm Boot Camp	RaShard	Arena
4:45pm Y-Cycle	Christy	Cycle Room
4:45pm Mat Pilates	Angelia	Group Exercise Room
5:30pm Boot Camp	RaShard	Arena
5:45pm Dance Fit Frenzy	Nikki	Group Exercise Room
6:30pm Yoga	Rita	Group Exercise Room

WEDNESDAY

CLASS	INSTRUCTOR	LOCATION
5:00am Boot Camp	RaShard	Arena
5:30am Abs/Y-Cycle	Sally	Cycle Room
8:30am Cardio Blast	Chloe	Group Exercise Room
9:00am Boot Camp	Deborah	Arena
10:30am Silver Sneakers	Frieda	Group Exercise Room
4:30pm Boot Camp	RaShard	Arena
4:45pm Yoga	Skye	Group Exercise Room
5:30pm Boot Camp	Elizabeth	Arena
5:45pm Body Sculpt	Heather	Group Exercise Room



GROUP EXERCISE SCHEDULE FLOWOOD

NEW: 03/05/2019

CLASS PARTICIPANTS MUST BE 13 YEARS OR OLDER

THURSDAY

CLASS	INSTRUCTOR	LOCATION
5:00am Boot Camp	Deborah	Arena
5:15am Sunrise Yoga	Pam	Group Exercise Room
8:30am Zumba	Karen	Group Exercise Room
8:30am Cyclone HIIT	Deborah	Cycle Room
9:00am Boot Camp	Jill	Arena
9:30am Body Sculpt	Martha	Group Exercise Room
10:15am Yoga	Pam	Group Exercise Room
12:00pm Functional Sculpt	RaShard	Arena
4:30pm Boot Camp	Karen	Arena
4:45pm Y-Cycle	Heather	Cycle Room
4:45pm Step Fusion	Laurie	Group Exercise Room
5:30pm Ballet Barre	Laurie	Group Exercise Room
5:30pm Boot Camp	Karen	Arena
6:30pm Zumba	Renee	Group Exercise Room

FRIDAY

CLASS	INSTRUCTOR	LOCATION
5:00am Boot Camp	Elizabeth	Arena
5:30am Abs/Y-Cycle	Jill/Rhonda	Cycle Room
8:00am Sculpt & Tone	Rita	Group Exercise Room
8:45am Body Burn	Chloe	Group Exercise Room
9:00am Boot Camp	Karen	Arena
9:30am Mat Pilates	Rita	Group Exercise Room
10:30am Silver Sneakers	Freida	Group Exercise Room
4:45pm Kickboxing	Kate	Group Exercise Room

SATURDAY

CLASS	INSTRUCTOR	LOCATION
8:00am Yoga	Tonya	Group Exercise Room
8:30am Family Fit	RaShard	Arena
9:00am Boot Camp	RaShard	Arena
9:00am Y-Cycle	Meg	Cycle Room
9:00am Power Sculpt	Chloe	Group Exercise Room
10:00am Zumba	Karen/Renada	Group Exercise Room

SUNDAY

CLASS	INSTRUCTOR	LOCATION
2:00 pm Restorative Yoga	Skye	Group Exercise Room
3:00 pm Boot Camp	Elizabeth	Arena