

7 FLAGS GROUP FITNESS SCHEDULE

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under Group Fitness Hours posted on web site

updated: August 30, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15- 6:00a					SPIN		
5:30-6:30 a	* M.I.A. Muscle Intervals Aerobic		*M.I.A. Muscle Intervals Aerobic	*M.I.A. Muscle Intervals Aerobic			
5:30-6:30 a				PILATES - Dawn			
5:45-6:30 a	SPIN	BODY FLEX (Julie)	SPIN				
6:00-6:45a					BODY FLEX		
6:30-7:00 a	ABSOLUTE ABS		ABSOLUTE ABS				
7:30-8:15 a							
8:00-9:00 a		TAI-CHI (DON)		TAI-CHI (DON)			
8:45-9:30 a Taekwondo room						New Class Coming	
8:30-9:30 a aerobics room						HIP HOP/ZUMBA After labor day	
8:45-9:30 a	PILATES (THAO)		POWER YOGA		PILATES (THAO)		
9:00-9:45 a	H2O Workout Marsha	H2O Workout Marsha		H2O Workout Marsha	H2O Workout Marsha	H2O Workout Marsha H.	
9:00-10:00		BODY FLEX		BODY FLEX			
9:30 - 10:15	MUSCLE Morning Mix		LOW IMPACT CARDIO MIX		SPIN	STEP Xpress	
10:00-11:00					*CARDIO TENNIS Nov April	*CARDIO TENNIS All Year	
10:15-11:00	*FIT OVER Fifty		*FIT OVER Fifty		*FIT OVER Fifty	BODY FLEX	
11:00- 1:00						*Olympic Sparr	
11:45-1:00p	*20/20 Lose inches Tone & Tighten.		*20/20 Lose inches Tone & Tighten		* 20/20 Lose inches Tone & Tighten		
12:00-12:45	SPIN (TONY)						
4:15 - 5:15	*Hip Hop/Zumba		*Hip Hop/Zumba				
5:15 -6:00		STEP Xpress (JULIE)					
5:30 -6:15	SPIN	SPIN	SPIN coming after labor day	SPIN (NIKKI)			
5:30 -6:30	STEP/FLEX-Julie						
5:30 -6:15		H2O Workout Marsha H.		H2O Workout Marsha H.			
6:15 -7:15		BODY FLEX (NIKKI)		BODY FLEX (NIKKI)			
5:30 -6:45	* Advanced 20/20		* Advanced 20/20	* Advanced 20/20			
6:30 -7:15	YOGA (EMILY)	*TAEKWONDO		*TAEKWONDO			
7:00 -8:00	*TAEKWONDO		*TAEKWONDO				
7:15 -8:45		*Olympic Sparr		*Olympic Sparr			

CLASSES MARKED WITH AN ASTRISK Additional fee Please email requests for classes to 7flags@7flags.com