



HOPE MILLS GROUP EXERCISE SCHEDULE

MAY - AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am Body Pump 9:35 am Pilates 9:35 am KidsFIT * Coming June 12th 9:35 am Zumba 10:35 am SILVERSNEAKERS	8:30 am Rage Circuit 8:30 am Insanity * Coming June 12th 9:35 am KidsFIT * Coming June 12th 9:35 am Fat BURNer 9:35 am Warm Yoga Flow 10:35 am Chair Yoga	8:30 am Body Pump 9:35 am Pilates 9:35 am KidsFIT * Coming June 12th 9:35 am Zumba 10:35 am SILVERSNEAKERS	8:30 am Rage Circuit 8:30 am Insanity * Coming June 12th 9:35 am KidsFIT * Coming June 12th 9:35 am Fat BURNer 9:35 am Warm Yoga Flow 10:35 am Chair Yoga	8:30 am Body Pump 9:35 am Pilates 9:35 am Zumba 10:35 am SILVERSNEAKERS	9:30 am Body Pump 9:30 am Warm Yoga Flow 10:35 am Zumba 10:35 am Warm Pilates
5:30 pm Insanity 5:30 pm Zumba 5:30 pm KidsFIT 6:30 pm Zumba 6:30 pm KidsFIT 6:30 pm Yoga	5:30 pm Body Pump 6:35 pm Indoor Cycling 6:35 pm KidsFIT 6:35 pm Warm Yoga Flow	5:30 pm Insanity 5:30 pm Zumba 5:30 pm KidsFIT 6:30 pm Zumba 6:30 pm KidsFIT 6:30 pm Yoga	5:30 pm Body Pump 6:35 pm Indoor Cycling 6:35 pm KidsFIT 6:35 pm Warm Yoga Flow	5:30 pm Barre Sculpt 5:30 pm Yoga 6:30 pm Zumba	



NEW CLASSES COMING FOR SUMMER!

Keep your children active and fit this Summer with our KidsFit classes. KidsFit is coming to weekdays Monday - Thursday at 9:35 am. These classes start June 12th and will run through the Summer. Please be on time as space is limited.

INSANITY is back! Insanity with Chancey starts Tuesday June 13th and will run every T/TH at 8:30 am through the Summer. Stay fit and active with this Summer with this Insane workout!

