

**7 FLAGS GROUP FITNESS SCHEDULE**

[www.7flags.com](http://www.7flags.com)

Hours 5-11 Mon.Th./Fri: 5-9 Sat 7-7:Sun 8-7

updated: 5.28.2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
5:15-6:00 a					SPIN		
5:45-6:30 a	SPIN (DAWN)	BODY FLEX (JULIE J)	SPIN (TOM)	PILATES (DAWN)	See above spin		
6:00-6:45 a					BODY FLEX Dawn		
6:30-7:00 a	ABS (DAWN)		ABS (SEAN)				
7:30-8:15 a							
8:00-9:00 a		TAI-CHI (DON)		TAI-CHI (DON)			
8:30-9:15 a							
8:45-9:30 a	PILATES (THAO)		POWER YOGA (JENNIFER)		PILATES (THAO)		
9:00-9:45 a	WATER POWER Holly L	WATER POWER Holly L		WATER POWER Holly L	WATER POWER Holly L	WATER POWER Marsha H.	
9:00-10:00		BODY FLEX (JENNIFER)		BODY FLEX (JENNIFER)			
9:15 -10:00			LOW IMPACT CARDIO MIX Jennifer C.		SPIN (JENNIFER)		
9:30 -10:15	AEROSCUPT (Jennifer)					STEP EXPRESS	
10:00-11:00					*CARDIO TENNIS Nov April	*CARDIO TENNIS All Year	
10:15-11:00						BODY FLEX	
11:00- 1:00						*Olympic Sparr	
11:45-12:30	*ADVANCED 20/20.CORE		*ADVANCED 20/20.CORE		*ADVANCED 20/20 CORE		
12:00-12:45	SPIN (TONY)						
12:45 -1:30							
5:15 -6:00		STEP EXPRESS (JULIE)					
5:30 -6:15							
5:30 -6:30	STEP/FLEX-Julie						
5:30 -6:15		WATER POWER Marsha H		WATER POWER Marsha H			
6:15 -7:15		BODY FLEX (NIKKI)		BODY FLEX (NIKKI)			
5:30 -6:15	* ADVANCED 20/20.CORE		*ADVANCED 20/20.CORE	*ADVANCED 20/20.CORE			
6:30 -7:15	YOGA (EMILY)	*TAEKWONDO		*TAEKWONDO			
7:00 -8:00	*TAEKWONDO		*TAEKWONDO				
7:15 -8:45		*Olympic Sparr		*Olympic Sparr			

7:00-----

**\*SALSA WEDNESDAYS AT 7:00 PM - OPEN TO ALL: DSM SALSA**

\*CLASSES MARKED WITH AN ASTRIK\* REQUIRE PRE-REGISTRATION AND FEE