

7 FLAGS GROUP FITNESS SCHEDULE www.7flags.com under Group Fitness Hours posted on web site **New Class updated: Oct 25+th 2010**

<u>TIME</u>	MONDAY 5 a m - 10 : 30 p m	TUESDAY 5 a m - 10 : 30 p m	WEDNESDAY 5 a m - 10 : 30 p m	THURSDAY 5 a m - 10 : 30 p m	FRIDAY 5 a m - 9 p m	SATURDAY 7 a m 7 p m	SUNDAY 8 a m - 7 p m
5:15- 6:00a					SPIN (Dawn/Nikki)		
5:30-6:30 a	* M.I.A. Muscle Intervals Aerobic (Christa)		*M.I.A. Muscle Intervals Aerobic (Christa)	*M.I.A. Muscle Intervals Aerobic (Christa)	CARDIO KICKBOX (Kate)		
5:45-6:30 a	SPIN (Dawn)	CARDIO BODY FLEX (Julie)	SPIN (Boundi/Sean)	PILATES Dawn			
6:00-6:45a					BODY FLEX (Nikki/Dawn)		
6:30-7:00 a	ABSOLUTE AB (DAWN)		ABSOLUTE ABS (Boundi/Sean)				
8:00-9:00 a		TAI-CHI (DON)		TAI-CHI (DON)		Cardio Kick box In December	
8:15-9:00 a						SPIN (Nov) (Dawn/Sean)	
8:30-9:30 a						Dance MOVE IT to LOSE it	
8:45-9:30a	PILATES (THAO)		POWER YOGA (Thao)		PILATES Thao		
9:00-9:45a	H2O Workout (Faith)	H2O Workout (Jamie)		H2O Workout (Jamie)	H2O Workout (Faith/Jamie)	H2O Workout (Jamie)	
9:00-10:00		BODY FLEX (Holly)		BODY FLEX (Holly)			
9:30 -10:15	LOW IMPACT CARDIO DANCE (Holly)		LOW IMPACT CARDIO DANCE (Holly)		SPIN (KATE)	STEP Xpress (Julie/Deb)	STEP (Deb)
10:00-11:00					*CARDIO TENNIS Nov April	*CARDIO TENNIS All Year	
10:15-11:00	(Coed Circuit)		*FIT OVER Fifty Nov. reserve your spot		*FIT OVER Fifty Nov. Reserve your spot	BODY FLEX Julie/Deb	
11:00- 1:00						*Olympic Sparr	
12:00-12:45	SPIN (TONY)		SPIN (Kate A)	(Coed Circuit)			SPIN Dawn/ (Nikki) Nov
12:45-1:30							Body Flex Nov (Dawn Nikki)
5:15 -6:00		STEP Xpress (JULIE)					
5:30 -6:15	SPIN (Sean)	SPIN (Nikki/Dawn)	SPIN (Linda)	SPIN (NIKKI)			
5:30 -6:30	STEP until 6:00 BODY FLEX(Julie)						
5:30 -6:15	BODY FLEX STARTS 6:00 after STEP (Julie)	H2OWorkout(Marsha)	CARDIO CIRCUIT	H2O Workout(Marsha)			
6:15 -7:15		BODY FLEX (NIKKI)		BODY FLEX (NIKKI)			
6:30 -7:15	YOGA(Emily)	*TAEKWONDO	YOGA (Diane)	*TAEKWONDO			
7:00 -8:00	*TAEKWONDO		*TAEKWONDO				
7:15 -8:45		*OlympicSparr		*Olympic Sparr			

***CLASSES MARKED WITH AN ASTERISK * Additional fee Always welcome to Try. Classes coming soon**

Please email requests for classes to 7flags@7flags.com or visit with Frank Santana: Pick-up soccer also available.

Basketball Court: Basketball schedule on line. Badminton Schedule Monday 7-9 pm Wednesday 6:30 -9 pm Friday 6:30-9 Saturday 4-7 and Sunday 10-1