


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30a.m. The Classics Boot Camp Tyler		5:30 a.m. Cycle 30 Erin	
5:45 a.m. Cycle Core Erin		6:00 a.m. Cycle 30 Erin		6:00 a.m. Core Blast Debbie	7:00 a.m. Boot Camp Laurie/Tyler
				8:45 a.m. Cycle Lite Drue	8:00 a.m. Cardio Sculpt Debbie
9:30 a.m. TNT Karen L.		9:30 a.m. Cardio Combo Karen H.		9:30 a.m. Pump It! Laurie	9:00 a.m. Zumba Becca
		10:30 a.m. Silver Circuit Debbie (45 minutes)			
					Sunday
5:30 p.m. Cycling 60 Karen H.	5:00 p.m. Boot Camp Debbie	5:30 p.m. Cycle Sculpt Karen H.	5:15 p.m. Inner Athlete Tyler (45 minutes)		8:30 a.m. Cycle Cardio Extreme Karen/ Erin/Drue
6:30 p.m. Pump It! Karen H.	**6:00 p.m. Boxing Marvin (45 minutes)	6:30 p.m. Zumba Becca	6:15 p.m. Cardio Sculpt Debbie		
	7:00 p.m. Just Lift! Drue (45 minutes)		7:00 p.m. Get Juiced! Debbie/JT (30 minutes)		
		7:30 p.m. Basic Yoga Dr. Osman			
** Bring your own wraps for Boxing. Bring your own gloves if you have them.			Center Hours Monday-Thursday, 5:30am-9:00pm Fridays- 5:30am-8:00pm Sat - 7:00am-4:00pm Sunday- 7:00am-12:00pm		

Classes and times are subject to change.

Drop in fee- \$10 per class.

See front desk for additional information regarding paid programs.

410-893-4153 ~ 2217 Commerce Road ~ Forest Hill Industrial Airpark

www.foresthillhealthfitness.com