

Flying High Fitness Class Descriptions

BOOT CAMP 1 hour

Ready to be challenged during this fantastic workout that will include exercises to strengthen and tone all of your muscle groups? Then this class is for you! We will be utilizing jump ropes, exercise balls, tubing and much more to get the results you want. All fitness levels welcome!

Monday 5:00pm Tuesday: 6:00am & 1:50pm Thursday: 6:00am & 1:50pm

FULL BODY WEIGHT CLASS 1 hour

This class will challenge you to your limits. We will be doing strength training moves that will benefit ALL major muscle groups. We will use dumbbells, tubing, exercise balls, weight bars, and more. All fitness levels welcome!

Monday: 11:00am Tuesday: 10:00am & 4:00pm Wednesday: 9:15am & 1:45pm
Thursday: 9:15am & 5:00pm Friday 9:15am

GUT BUSTERS 30 minutes

30 minutes of abs, abs and more abs. Join us for this fABulous workout that will focus on exercises that work your core and abdominal areas. All fitness levels welcome!

Monday: 10:00am Tuesday: 9:00am Wednesday 6:00pm Friday 7:00am

INDOOR CYCLE 50 minutes

This class is a one of a kind cardio workout that will leave you wanting more! You will be challenged through hills and flat lands throughout this amazing workout. Don't forget your water bottle and towel. All fitness levels welcome!

Monday: 9:00am & 4:00am Tuesday: 12:35pm & 5:15pm Wednesday 8:15am & 5:00pm
Thursday: 8:15am, 12:35pm- & 6:15pm, Friday: 6:00am, 8:15am & 11:30am

FLYING HIGH RUNNING CLUB

Anyone is welcome to join the FH Running Club. We will be working on the proper way to build mileage, as well as go over strength training and stretching information. There will be weekly/weekend runs. All fitness levels welcome!

ROAD RACE TRAINING

Available for those training for any road race (5K – Marathon). This program will include information on proper training techniques, nutrition, strength conditioning, stretching, and more. We will also organize weekly training runs for all different race groups. Participants should be able to run 2 miles or more.

YOUTH CYCLE 50 minutes

Join us for this upbeat class perfect for children ages 12-17. We will be working on increasing cardiovascular fitness levels as well as teaching proper techniques. Bring a water bottle and towel. All fitness levels welcome!

Wednesday: 12:30pm