

STa-FIT @ Midtown Group Fitness Schedule May 2018



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6:00am		Body Shaping Janet		*Cycle Janet			
8:00am	Silver Sneakers® Classic Becky	Silver Sneakers® Classic Becky		Silver Sneakers® Classic Becky	Move & Groove Becky	Step Rotating Instr.	
8:45am						Body Shaping Rotating Instr.	
9:00am	Body Blast Janet		Body Shaping Janet	*Cycle Janet	Zumba® Kristi		
9:30am						*Cycle/ Zumba® Rotating Instr.	
10:00am	Yoga Janet	Yoga Stretch Kathie	Yoga Janet	Yoga Stretch Janet	Yoga Karen		
10:30am						Yoga Rotating Instr.	
11:00am	Silver Sneakers® Classic Becky		Silver Sneakers® Classic Becky		Move & Groove Becky		
11:15am					*Cycle Janet		
11:30am		Pilates Krista		Pilates Krista			
12:15pm	*Cycle Janet	*Cycle 360 Kathie	12:00 Zumba® Becky	Circuit Kathie	Body Shaping Janet		
3:45pm	*Cycle Kathie			Zumba® Express Becky			3:30 Cycle Rotating Instr.
4:30pm	Barre Fusion Becky	Core & More Carrie	*Cycle Kathie	Pound® Becky			Yoga Rotating Instr.
5:15pm				Yoga Karen			
5:30pm	Zumba® Becky	Bootcamp Amy	SPIKE 30 min Carrie	*Cycle 360 Carrie			

*Indicates Class is on the Basketball Court

WATER AEROBICS SCHEDULE

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
9:00	Aqua Fit Carla B	Aqua Fit Kristi	Aqua Fit Carla B	Aqua Fit Kristi	Aqua Fit Carla B/Carla P		
5:30	Aqua Fit Carla P		Aqua Fit Carla P				