

STa-FIT @ St. Cloud Group Fitness Schedule
May 2018



Time	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODYPUMP™ Jill	Cycle 5:10am Jill	BODYPUMP™ Lynn	Cycle 5:10am Abbi	BODYFLOW® Kate		
7:30	Boom Muscle Move & Groove rotation Kathy	SilverSneakers circuit Kathy	Silver&Fit 45min Melissa	SilverSneakers circuit Kathy	Gentle Yoga Kathy		
8:30	BODYPUMP™ Julie	BODYFLOW® Sarah	BODYPUMP™ Jill	BODYFLOW® Julie	BODYPUMP™ Trish	POUND® 8:45-9:30am Sarah	
9:30	ROLLGA Restore & Relax 30min Julie	Indoor Cycling Cheri		Indoor Cycling Cheri		BODYFLOW ® Sarah	
12:15		SPIKE Sarah	Kickboxing BOOTCAMP Amanda	Cycle 360 Sarah			
5:15	Cycle Express 45min Trish	ZUMBA 5:00pm Kim	BODYPUMP™ Michelle	BODYFLOW® 5:30pm Lori			YOGA 4:00pm Alexis
6:00	BODYPUMP™ Trish	SPIKE 30min Marsha					
6:30		YOGA Cia		Body Shaping Amy			

FOR THE MOST UP TO DATE SCHEDULE GO TO
WWW.STAFITNOW.COM