

STa-FIT @ Sartell Group Fitness Schedule May 2018



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15	BODYPUMP™ Jill	SPIKE 30min Marsha *Indoor Cycling 5:30 Cheri	BODYPUMP™ Jill	SPIKE 30min Marsha *Indoor Cycling 5:30 Cheri	BODYPUMP™ Jill		
6:30		*Indoor Cycling Cheri		*Indoor Cycling Cheri			
7:30				Strength Training 45min Cheri			
8:30	STRONG by Zumba® Brittani *Indoor Cycling Cheri	Bootcamp Michelle *Express Cycle Melissa	Zumba® Kathy E. *Indoor Cycling Cheri	Kickboxing Bootcamp 8:15 Brenda	Zumba® Kathy E.	Zumba® 8am Kim	
9:30	BODYPUMP™ Express 45min Melissa *Strength Training 45min All Levels Cheri	BODYFLOW® Kate	BODYPUMP™ Kathy E. *Strength Training 45min All Levels Cheri	Yoga Kate	BODYPUMP™ Express 45min Kathy E.	STEP CLASS 9am Marsha	
10:30	SilverSneakers® Circuit Kathy	BOOM 30min Muscle Kathy	SilverSneakers® 10:45-11:30 Circuit Sally	BOOM 30min Muscle Melissa	Vinyasa Yoga 10:15 Christie	BODYPUMP™ Marsha	
11:15	SilverSneakers® Circuit Sally	Move & Groove Kathy	Gentle Yoga 11:30 Sally	Move & Groove Kathy	Gentle Yoga Christie	BODYFLOW® 11-12pm rotation	
12:15-1:00	BOOM Mind Sally			Move & Groove Kathy	Silver&Fit Sally		
4:30	SPIKE 30min 4:45 Marsha *Gentle Yoga 5:00pm Karen	BODYPUMP™ Alison	Core & More Alison	BODYPUMP™ Jessica			
5:30	BODYPUMP™ Marsha	Kickboxing BC Brenda *Yoga Ana Maria	STEP CLASS Marsha	Zumba® Kim	BODYFLOW® 5pm Kathy W.		BODYPUMP™ 5pm Marsha-Jennifer
6:30	Barre Fusion Amy	Zumba® Brittani	BODYPUMP™ Jennifer				YOGA 6:15pm Ana Maria

8:30 POOL	Aqua Fit Mary	+BOGA Yoga 9:00 Julie	Aqua Fit Janyce	+BOGA Pilates/hiit 9:45am Brenda	Aqua Fit Viki	Aqua Fit Mary 8am	
5:30	MASTER SWIM Beth	Aqua Fit Deep Water Mary	MASTER SWIM Viki	Aqua Fit Deep Water Mary		+BOGA Fusion 9:15am Brenda/Brittani	
6:45				+BOGA Pilates/hiit Brittani		*Boga 10:15am Brenda/Brittani	

*Indicates Class is meets in pedal/pose studio. +Indicates additional fee