

STa`FIT@Sartell Group Fitness Schedule July 2018



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15	BODYPUMP™ Jill	SPIKE 30min Marsha	BODYPUMP™ Jill	SPIKE 30min Marsha	BODYPUMP™ Jill		
5:30 Front Studio		Indoor Cycling Cheri		Indoor Cycling Cheri			
6:30 Front Studio		Indoor Cycling Cheri		Indoor Cycling Cheri			
7:30				Strength Training 45min Cheri			
8:30	STRONG by Zumba® Brittani	Bootcamp Michelle	Zumba® Kathy E.	Kickboxing Bootcamp 8:15 Brenda	Zumba® Kathy E.	Zumba® 8am Kim	
8:30 Front Studio	Indoor Cycling Cheri	Express Cycling 45min Melissa	Indoor Cycling Cheri			+BOGAFIT 9:15am(pool) Brenda/Brittani	
9:30	BODYPUMP™ Express 45min Melissa	BODYFLOW® Kate	BODYPUMP™ Kathy E.	Yoga Kate	BODYPUMP™ Express 45min Kathy E.	STEP CLASS 9am Marsha	
9:30 Front Studio	Strength Training All Levels 45min Cheri		Strength Training All Levels 45min Cheri	+BOGAFIT 9:45(pool) All Levels Brenda			
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™ 10am Marsha	
11:15	SilverSneakers® Circuit 11:30 Sally	Cardio Dance Kathy	BOOM Mind 11:30 Sally	SilverSneakers® Kathy	Gentle Yoga Christie		
4:30		BODYPUMP™ Alison	Core & More Alison	STRONG by Zumba® Brittani			
5:00/5:30 Front Studio	Gentle Yoga 5:00pm Karen	Yoga 5:30 Ana Maria					
5:30	BODYPUMP™ Marsha	Kickboxing BC Brenda	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		Aqua Fit Janyce	+BOGAFIT 9:45 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		+BOGAFIT 9:15am Brenda/Brittani	

+denotes extra fee for class