

STa`FIT@St. Cloud Group Fitness Schedule July 2018



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	BODYPUMP™ Lynn	Cycle 5:10am Jill/Abbi	BODYPUMP™ Jill	Cycle 5:10am Abbi/Jill	BODYFLOW® Kate		
7:30	Boom Muscle Dance Cardio rotation Kathy	SilverSneakers circuit Kathy	Silver&Fit 45min Melissa	SilverSneakers circuit Kathy	Gentle Yoga Kathy		
8:30	BODYPUMP™ Jill	BODYFLOW® Sarah	BODYPUMP™ Julie	BODYFLOW® Julie	BODYPUMP™ Trish	POUND® and BODYPUMP™ Express 7/14, 7/28 8:45-9:30am	
9:30		Indoor Cycling Cheri	Rollga Restore & Relax 30min Julie	Indoor Cycling Cheri		BODYFLOW® Sarah/Hannah	
12:15	SPIKE Sarah	POUND® Sarah	Kickboxing Bootcamp Amanda				
5:15	Cycle Express Julie	Zumba® 5:00 Kim	BODYPUMP™ Michelle	BODYFLOW® 5:30 Lori			
6:00	BODYPUMP™ Julie	SPIKE 30min Marsha					
6:30		YOGA Cia					