

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	<b>BODYPUMP™</b> Lynn	<b>Cycle</b> 5:10am Jill/Abbi	<b>BODYPUMP™</b> Jill	<b>Cycle</b> 5:10am Abbi/Jill	<b>BODYFLOW®</b> Kate		
7:30	<b>Boom Muscle Dance Cardio rotation</b> Kathy	<b>SilverSneakers</b> circuit Kathy	<b>Silver&amp;Fit</b> 45min Melissa	<b>SilverSneakers</b> circuit Kathy	<b>Gentle Yoga</b> Kathy		
8:30	<b>BODYPUMP™</b> Jill	<b>BODYFLOW®</b> Sarah	<b>BODYPUMP™</b> Julie	<b>BODYFLOW®</b> Julie	<b>BODYPUMP™</b> Trish	<b>POUND® and BODYPUMP™ Express rotation 8:45-9:30am</b>	BodyPump 6/9, 6/23, 7/14, 7/28
9:30		<b>Indoor Cycling</b> Cheri	<b>Rollga</b> Restore & Relax <b>30min</b> Julie	<b>Indoor Cycling</b> Cheri		<b>BODYFLOW®</b> Sarah/Hannah	
12:15	<b>SPIKE</b> Sarah	<b>POUND®</b> Sarah	<b>Kickboxing Bootcamp</b> Amanda				
5:15	<b>Cycle Express</b> Julie	<b>Zumba® 5:00</b> Kim	<b>BODYPUMP™</b> Michelle	<b>BODYFLOW® 5:30</b> Lori			<b>YOGA 4:00pm</b> Alexis/Cia/ Hannah
6:00	<b>BODYPUMP™</b> Julie	<b>SPIKE 30min</b> Marsha					
6:30		<b>YOGA</b> Cia		<b>Body Shaping</b> Amy			