

# STa-FIT @ Midtown Group Fitness Schedule JULY 2018



	Mon	Tues	Wed	Thur	Fri	Sat	Sun
6:00am		<b>Body Shaping</b> Janet		<b>*Cycle</b> Janet			
8:00am	<b>Silver Sneakers® Classic</b> Becky	<b>Silver Sneakers® Classic</b> Becky		<b>Silver Sneakers® Classic</b> Becky	<b>Cardio Dance</b> Becky	<b>Step</b> Rotating Instr.	
8:45am						<b>Body Shaping</b> Rotating Instr.	
9:00am	<b>Body Blast</b> Janet		<b>Body Shaping</b> Janet	<b>*Cycle</b> Janet			
9:30am						<b>Zumba</b> Rotating Instr.	
10:00am	<b>Yoga</b> Janet	<b>Yoga Stretch</b> Kathie	<b>Yoga</b> Janet	<b>Yoga Stretch</b> Janet	<b>Yoga</b> Karen		
10:30am						<b>Yoga</b> Rotating Instr.	
11:00am	<b>Silver Sneakers® Classic</b> Becky		<b>Silver Sneakers® Classic</b> Becky				
11:15am					<b>*Cycle</b> Janet		
11:30am		<b>Pilates</b> Krista		<b>Pilates</b> Krista			
12:15pm	<b>*Cycle</b> Janet	<b>*Cycle 360</b> Kathie	<b>12:00 Zumba®</b> Becky	<b>Circuit</b> Kathie	<b>Body Shaping</b> Janet		
3:45pm	<b>*Cycle</b> Carrie			<b>Zumba® Express</b> Becky			
4:30pm	<b>Barre</b> Becky	<b>Core &amp; More</b> Carrie	<b>*Cycle</b> Carrie	<b>Pound®</b> Becky			
5:15pm				<b>Yoga</b> Karen			
5:30pm	<b>Zumba®</b> Becky	<b>Bootcamp</b> Amy	<b>SPIKE</b> 30 min Carrie				

\*Indicates Class is on the Basketball Court

## WATER AEROBICS SCHEDULE

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
9:00	Aqua Fit Carla B	Aqua Fit Kristi	Aqua Fit Carla B	Aqua Fit Kristi	Aqua Fit Carla B/Carla P		
5:30	Aqua Fit Carla P		Aqua Fit Carla P				