

St. Cloud Group Fitness Schedule APRIL 2018



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am	BODYPUMP™ Jill	Cycle 5:10am Jill	BODYPUMP™ Lynn	Cycle 5:10am Abi	BODYFLOW® Kate		
7:30am	SilverSneakers Boom Muscle cardio dance rotation 45min Kathy	SilverSneakers circuit Kathy	Silver&Fit 45min Melissa	SilverSneakers circuit Kathy	Gentle Yoga Kathy		
8:30am	BODYPUMP™ Julie	BODYFLOW® Sarah	BODYPUMP™ Jill	BODYFLOW® Julie	BODYPUMP™ Trish	POUND® 8:45-9am Sarah	
9:30am	On a Roll Restore & Relax 30min Julie	Indoor Cycling Cheri		Indoor Cycling Cheri		BODYFLOW® Sarah	
12:15-1	SPIKE Sarah	POUND® Sarah		Cycle & Sculpt Sarah			
5:00p m	Cycle Express 5:15-5:55pm Trish	ZUMBA 5:00pm Kim	BODYPUMP™ 5:15pm Michelle	BODYFLOW® 5:30pm Lori			YOGA 4:00pm Alexis
6:00p m	BODYPUMP™ Trish	SPIKE 30min Marsha		Total Body 6:30pm Amy			
6:30p m		YOGA Cia					

FOR THE MOST UP TO DATE SCHEDULE GO TO

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