



Sartell Group Fitness Schedule April 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15	BODYPUMP™ Jill	SPIKE 30min Marsha *Indoor Cycling 5:30 Cheri	BODYPUMP™ Jill	SPIKE 30min Marsha *Indoor Cycling 5:30 Cheri	BODYPUMP™ Jill		
6:30		*Indoor Cycling Cheri		*Indoor Cycling Cheri			
7:30				Strength Training 45min Cheri			
8:30	Zumba® Kathy E. *Indoor Cycling Cheri	BOOTCAMP 45min Kate *Cycle Express Melissa	BODYFLOW® Kate/Julie *Indoor Cycling Cheri	Kickboxing Bootcamp 8:15 Brenda	Zumba® Kathy	Zumba® 8am Kim	*Indoor Cycling Cheri 4/7 & 14
9:30	BODYPUMP™ Express 45min Melissa *Strength Training 45min All Levels Cheri	YOGA Kate *FIT KIDS Melissa	BODYPUMP™ Kathy *Strength Training 45min All Levels Cheri	Yoga Kate	Morning Crunch All Core 30min Kathy E.	STEP CLASS 9am Marsha	*Indoor Cycling Cheri 4/7 & 14
10:00					Vinyasa Yoga Christie	BODYPUMP™ Marsha	
10:30-11:15	SilverSneakers® Circuit Kathy	SilverSneakers BOOM Muscle 30min Kathy	SilverSneakers® 10:45-11:30 Circuit Sally	SilverSneakers BOOM Muscle 30min Melissa		BODYFLOW® 11-12pm rotation	
11:15-12:00	SilverSneakers® Circuit Sally	Cardio Dance Kathy	Gentle Yoga 11:30-12:15pm Sally	SilverSneakers® Circuit Kathy	Gentle Yoga Christie		
12:15-1:00	SilverSneakers® BOOM Mind 30min Sally			Cardio Dance Kathy	Silver&Fit® Sally		
4:30	SPIKE 30min 4:45 Marsha *Gentle Yoga 5:00pm Karen	BODYPUMP™ Alison	Core & More Alison	BODYPUMP™ Jessica			
5:30	BODYPUMP™ Marsha	Kickboxing BC Brenda *Yoga Ana Maria	STEP CLASS Marsha	Zumba® Kim			BODYPUMP™ 5pm Marsha-Jennifer
6:30	Barre Fusion Amy A.	Zumba® Brittani	BODYPUMP™ Jennifer				YOGA 6:15pm Ana Maria

8:30 POOL	H2O Fitness Mary	+BOGA Yoga 9:45am Julie	H2O Fitness Janyce	+BOGA Pilates/hiit 9:45am Brenda	H2O Fitness Viki	H2O Fitness Mary 8am	
5:30	MASTER SWIM Beth	H2O Fitness Deep Water Mary	MASTER SWIM Viki	H2O Fitness Deep Water Mary		+BOGA Fusion 9:15am rotation	

*Indicates Class is meets in pedal/pose studio. +Indicates additional fee

FOR THE MOST UP TO DATE SCHEDULE GO TO

WWW.STAFITNOW.COM

