



## Sartell Group Fitness Schedule March 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15	BODYPUMP™ Jill	SPIKE 30min Marsha <b>*Indoor Cycling</b> 5:30 Cheri	BODYPUMP™ Jill	SPIKE 30min Marsha <b>*Indoor Cycling</b> 5:30 Cheri	BODYPUMP™ Jill		
6:30		<b>*Indoor Cycling</b> Cheri		<b>*Indoor Cycling</b> Cheri			
7:30				Strength Training 45min Cheri			
8:30	Zumba® Kathy E. <b>*Indoor Cycling</b> Cheri	BOOTCAMP 45min Kate <b>*Cycle Express</b> Melissa	BODYFLOW® Kate/Julie <b>*Indoor Cycling</b> Cheri	Kickboxing Bootcamp 8:15 Brenda	Zumba® Kathy E.	Zumba® 8am Kim	<b>*Indoor Cycling</b> Cheri 3/18
9:30	BODYPUMP™ Express 45min Melissa <b>*Strength Training 45min</b> All Levels Cheri	YOGA Kate <b>*FIT KIDS</b> Melissa	BODYPUMP™ Kathy E. <b>*Strength Training 45min</b> All Levels Cheri	YOGA Kate	Morning Crunch All Core 30min Kathy E.	STEP CLASS 9am Marsha <b>*Indoor Cycling</b> Cheri 3/10	<b>*Indoor Cycling</b> Cheri 3/18
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	SilverSneakers® Boom Mind Sally 11:30-12:00pm	SilverSneakers® Circuit Kathy	Gentle Yoga Christie		
12:15-1:00	SilverSneakers® BOOM Mind 30min Sally	SilverSneakers® Circuit Sally		Cardio Dance Kathy	Silver&Fit® Sally		
4:30	SPIKE 30min 4:45 Marsha <b>*Gentle Yoga</b> Karen	BODYPUMP™ Alison	Core & More Alison	BODYPUMP™ Jessica			
5:30	BODYPUMP™ Marsha <b>*Cycle -360-</b> Amy A.	Kickboxing BC Brenda <b>*Yoga</b> 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 <b>POOL</b>	H2O Fitness Mary	BOGA YOGA 9:45am Julie	H2O Fitness Janyce	BOGAFIT 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		BOGAFIT 9:15am	

\*Indicates Class meets in the pedal/pose studio.

Schedule subject to change at anytime.

FOR THE MOST UP TO DATE SCHEDULE GO TO

[WWW.STAFITNOW.COM](http://WWW.STAFITNOW.COM)