

# Fox Group Ex Schedule Labor Day

## Monday, September 2

### Group Ex Studio

8:30am	Insanity	Stacey
9:30am	Tabata	Anna
10:30am	Transform LIVE*	Ali

\*New class that uses a STEP to ramp up your calorie burn in this music-driven, high-intensity format. It emphasizes positivity and inspiration, so you leave the class feeling accomplished.

### Mind/Body Studio

8:30am	Barre	Valerie
9:30am	Stretch & Roll	Valerie
10:30am	Hatha Yoga	Valerie

### Cycle Studio

8:15am	Cycle	Barb
9:30am	Cycle	Laina

Regularly scheduled classes will not be held.

Contact: Priscilla Westbrooks, 314.442.3210

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