

# Fox Group Ex Schedule Independence Day

## Monday, July 4

|                     |         |    |       |
|---------------------|---------|----|-------|
| Cycle 40/20         | 8:15am  | CS | Barb  |
| Tabata              | 9:00am  | GX | Kim   |
| Cycle and Stretch   | 9:10am  | CS | Laina |
| TRX & H.I.I.T.      | 9:30am  | MB | Kahra |
| Strength and Sculpt | 10:00am | GX | Kim   |
| Stretch             | 10:30am | MB | Kay   |

*Classes 55 minutes, unless indicated.*

CS-Cycle Studio / GX-Group Exercise Studio / MB-Mind-Body Studio

Regularly scheduled classes  
will not be held.

  
**HAPPY**  
*Independence*  
**DAY**

Contact: Sarah Amonson, 314.442.3210

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