

SFC Group Ex Schedule Labor Day

Monday, September 2

Group Ex Studio

8:30am	Cardio Sculpt	Ali
9:30am	Total Conditioning	Clara
10:30am	Turbo Kick	Jill
11:30am	MixxedFit	Melanie

NEW - MixxedFit is a people-inspired fitness program combining explosive dance movements with body weight toning, while working out to radio hits from the Top 40, Pop, R&B, Hip Hop, Rock, & Reggae charts.

Mind/Body Studio

8:30am	Pilates	Maria
9:30am	Barre	Patty
10:30am	Pure Definition	Mary
11:30am	Gentle Yoga	Nivi

Cycle Studio

9:30am	Cycle	Mary
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Regularly scheduled classes will not be held.

Contact: Priscilla Westbrooks, 314.442.3210

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