

SFC Group Ex Schedule Independence Day

Monday, July 4

Zumba *	8:30am	GX	Gaby
Yoga	8:30am	MB	John
Cycle	9:00am	CS	Sarah
Cardio and Core *	9:30am	GX	Leigh
Turbo Kick *	10:30am	GX	Clara
Foam Rolling	10:30am	MB	Monica
STRONG Nation	11:30am	GX	Katie

Classes 55 minutes, unless indicated.

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

* Livestream also available via your J Community account.

Regularly scheduled classes
will not be held.


HAPPY
Independence
DAY

Contact: Sarah Amonson, 314.442.3210

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