

SFC Group Ex Schedule Memorial Day

Monday, May 29

Group Ex Studio

8:30am	P90X	Ashley
9:30am	Cardio Dance	Mary
10:30am	Forever Fit	Cathleen

Mind/Body Studio

8:30am	PiYo	Jill
10:30am	Gentle Yoga	Steve

Fitness Floor

9:00am	Circuit Training	
	Low Impact	Joe

Cycle Studio

9:40am	Cycle	Jill
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Regularly scheduled classes will not be held.

Contact: Sarah Amonson, 314.442.3210

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