

SFC Group Ex Schedule Independence Day

Tuesday, July 4

8:30am	STRONG Nation	GX	Katie
8:30am	Barre Fusion *	MB	Leigh
9:00am	Circuit Training *	GX	Clara
9:30am	Forever Fit	GX	Cathleen
10:30am	Gentle Yoga	MB	Michelle M
9:30am	Freedom Ride	CS	Jamie

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

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