

January Group X Schedule

Your Schedule at a glance!

Monday		
Time	Class	Instructor
7:15am	WOW *GF	Krissi (1hr)
8:30am	R.I.P.P.E.D.	Tajuana(45m)
8:30am	Aqua Zumba *P	Remelyn(45m)
9:15am	Zumba *GF	Remelyn (1h)
9:15am	Hydro HIIT *P	Mel (45m)
9:15am	Rhythm Ride *C	Lauren (1hr)
9:30am	Silver Sneakers *FH	Maxine (45m)
10:15am	TRX *GF	Caroline(45m)
10:30am	Chair Yoga*MP	Linda (1hr)
10:30am	Line Dance*FH	Maxine (1hr)
11:15am	Power Yoga *GF	Mel (1hr)
12:15am	Cycle Express *C	Mel (35m)
4:30pm	Boot Camp*G	Sadee (45m)
5:30pm	Strong *GF	Tomoko (1hr)
5:30pm	Group Cycle *C	Bridgett(45m)

Tuesday		
Time	Class	Instructor
8:30am	Yoga *GF	Linda (1hr)
8:30am	Water Fitness	Maxine (45m)
9:30am	Boom Strength	Mel (45m) *FH
9:15am	Aqua Tabata*P	Remelyn 45m)
9:30am	Beginner Cycle	Maxine (45m)
9:30am	Pure Strength *GF	Debbie (40m)
10:15am	Pilates Barre Fusion *GF	Debbie (45m)
10:15am	Zumba Gold*FH	Mel (1hr)
11:15am	Slow Flow Yoga*FH	Mel (1hr)
4:30pm	Insanity *GF	Melissa (45m)
6:00pm	Pound *GF	Tajuana (30m)
6:30pm	Zumba *GF	Tajuana (45m)

Wednesday		
Time	Class	Instructor
7:30am	Express Muscle*GF	Debbie (25m)
8:00am	Core *GF	Debbie (20m)
8:30am	Yoga *GF	Debbie (40m)
9:15am	Zumba *GF	Tajuana (1hr)
9:15am	Aqua Cardio Balance *P	Debbie (45m)
9:15am	Rhythm Ride *C	Lauren (1hr)
9:30am	Step Above *FH	Mel (45m)
10:15am	TRX *GF	Caroline 45m)
10:30am	Slow Flow Yoga	Mel (1hr) *FH
12:15pm	Cycle Express *C	Mel (35m)
5:45pm	Yoga *GF	Linda (1hr)

Thursday		
Time	Class	Instructor
7:15am	WOW *GF	Krissi (1hr)
8:30am	Water Fitness	Maxine (45m)
8:30am	Strong *GF	Remelyn 45m)
9:15am	Aqua Tabata*P	Krissi (45m)
9:15am	Zumba *GF	Remelyn(1hr)
9:30am	Line Dancing	Maxine (45m)
10:15am	Beginner TRX & Foam Roll	Krissi(45m) *GF
10:30am	Chair Yoga *FH	Linda (45m)
4:30pm	PiYo *GF	Tomoko (45m)
5:30pm	Insanity *GF	Melissa (45m)
5:30pm	Group Cycle*C	Bridgett (45m)

Friday		
Time	Class	Instructor
8:00am	Bosu- Balance *GF	Debbie (45m)
8:45am	Pure Strength *GF	Debbie (35m)
8:15am	Hydro HIIT *P	Mel (45m)
9:15am	Group Cycle *c	Mel (1hr)
9:30am	Yoga *GF	Debbie (45m)
9:30am	Silver Sneakers*FH	Krissi (45m)
10:15am	Yoga *c	Mel (45m) *MP
10:15am	TRX *GF	Caroline (45m)
10:40am	Zumba Gold *FH	Remelyn (1hr)

Philippians 4:13

"I can do all things in Him who strengthens me"

- *P (Pool) *GF (Group Fitness) *c (Cycle)
- *FH (Fellowship Hall) **Yellow** (New Class or change)
- *MP (Multi-Purpose Room) *G (Gym) *P (pool)

Saturday		
Time	Class	Instructor
8:45am	Strength Circuit Jan. 26th	Krissi
8:45am	Insanity *GF Jan. 5 th and 12 th , 19 th	Melissa(45m)
9:45am	Cycle @9:45	Bridgett(45m)

January Events!

- *Aim to Maintain ends Jan. 3rd! Winners announced January 5th!
- *IMPACT Group Training begins January 7th. Paid Program \$99 and includes meal plan.
Contact (228)-374-9129 for more information.
- *Frosty Kroc Run 2019 Sat Jan. 12th 8:30am at the Golden Nugget.
- *Junior Aquatics program Water Volleyball ages 8 to 14 limit to the first 14 participants. Free to members. Non-members \$20.00 Fridays 4:30pm to 5:30pm. See Front Desk for registration.

