

# May Group X Schedule

Your Schedule at a glance!

## Monday

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

## Tuesday

Time	Class	Instructor
<b>8:30am</b>	Yoga	Linda (1hr) *GF
<b>8:30am</b>	Water Fit	Maxine (45m)p
<b>9:30am</b>	Boom Strength	Mel (45m) *FH
<b>9:15am</b>	<b>Aqua Tabata</b>	Remelyn(45)*p
<b>9:30am</b>	Beginner Line Dance	Maxine (45m) *G
<b>9:30am</b>	Pure Strength	Debbie (40m) *GF
<b>10:15am</b>	Pilates Barre Fusion	Debbie (45m) *GF
<b>10:15am</b>	Zumba Gold	Mel (1hr) *FH
<b>11:15am</b>	Slow Flow Yoga	Mel (1hr) *GF
<b>4:30pm</b>	Body Fit	Sadee(45m)*GF
<b>6:00pm</b>	Lyft *GF	Tajuana(30m)
<b>6:30pm</b>	Zumba *GF	Tajuana(45m)

## Wednesday

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

## Thursday

Time	Class	Instructor
<b>8:30am</b>	Water Fitness	Maxine (45m) *P
<b>8:30am</b>	Strong	Remelyn(45m)GF
<b>9:15am</b>	Aqua HIIT	Tomoko(45m) *P
<b>9:15am</b>	Zumba	Remelyn(1hr) GF
<b>9:30am</b>	Line Dancing	Maxine (45m) *FH
<b>10:30am</b>	Chair Yoga	Linda (45m) *GF
<b>4:30pm</b>	PiYo	Tomoko(60m)*GF
<b>5:30pm</b>	Strong	Tomoko(60m)*GF)
<b>5:30pm</b>	Group Cycle	Bridgett (45m)*C

# May Group X Schedule

Your Schedule at a glance!

## Friday

Time	Class	Instructor
7:30am	Pure Strength & Balance	Debbie (55m) *GF
8:30am	Pilates for Core & Legs	Debbie (30m) *GF
8:15am	Hydro HIIT	Mel (45m) *P
9:15am	Group Cycle	Mel (1hr) *C
9:10am	Yoga	Debbie(55m*GF)
9:30am	Silver Sneakers	Tomoko (45m) *FH
10:15am	Yoga	Mel (45m) *MP
10:15am	TRX	Caroline (45m) *GF
10:30am	Zumba Gold	Remelyn(1hrFH)

\*P (Pool) \*GF (Group Fitness) \*C (Cycle)

\*FH (Fellowship Hall) **Yellow** (New Class or change)

\*MP (Multi-Purpose Room) \*G (Gym) \*P (pool)

### KROC MAY HEADLINES:

Join Lauren's Cycle class outside with  
**Pedal on the Patio**  
 Wednesday, May 8<sup>th</sup> 9:15am  
 Location: Outside Fellowship Hall Patio

**KROC CLOSED MONDAY, MAY 27<sup>TH</sup>**

## Saturday

Time	Class	Instructor
8:45am	Boot Camp	Sadee 5/4
	Lyft	Tajuana 5/18
	Body by Bridgette	Bridgette 5/25
9:45am	Yoga	Debbie 5/11
	Zumba	Tajuana 5/18
	Pound	Tomoko 5/25
9:45am	Cycle @9:45	Sadee 5/4 Bridgett 5/11, 5/18, 5/25

# May Group X Schedule

Your Schedule at a glance!