

June Group X Schedule

Monday

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

Tuesday

Time	Class	Instructor
8:30am	Yoga	Linda (1hr) *GF
8:30am	Water Fit	Maxine (45m) p
9:30am	Boom	Mel (45m) * MP
9:15am	Aqua Tabata	Remelyn(45)*p
9:30am	Beginner Line Dance	Maxine (45m) *G
9:30am	Pure Strength *GF	Debbie (40m) *GF
10:15am	Pilates Barre Fusion *GF	Debbie (45m) *GF
10:15am	Zumba Gold	Mel (1hr) *FH
11:15am	Slow Flow Yoga	Mel (1hr) *GF
4:30pm	Insanity	Melissa(45m)*GF
5:30pm	Group Cycle	Sadee (45m)*c
6:00pm	Lyft *GF	Tajuana(45m)
6:30pm	Zumba *GF	Tajuana

Wednesday

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

Thursday

Time	Class	Instructor
8:30am	Water Fitness	Maxine (45m) *P
8:30am	Strong	Remelyn (45m)GF
9:15am	Aqua HIIT	Tomoko (45m) *P
9:15am	Zumba	Remelyn (1hr) GF
9:30am	Line Dancing	Maxine (45m) *FH
10:30am	Chair Yoga	Linda (45m) *GF
4:30pm	Insanity	Melissa (45m) *GF
6:45pm	Zumba	Tajuana (45m) *GF
5:30pm	Group Cycle	Bridgett (45m)*C

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Friday

Time	Class	Instructor
7:30-8:25	Strength & Balance	Debbie (55m) *GF
8:30a-9:00	Pilates Core & Legs	Debbie (30m) *GF
8:15am	Hydro HIIT	Mel (45m) *P
9:15am	Group Cycle/ Cycle Stretch 10:15-10:30	Mel (1hr) *C
9:10am	Yoga	Debbie(55m*GF)
9:30am	Silver Sneakers	Tomoko (45m) *FH
10:30am	Yoga	Mel (45m) *MP/CH
10:15am	TRX	Caroline (45m) *GF
10:30am	Zumba Gold	Remelyn(1hrFH)

Romans 12:1~

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—

*P (Pool) *GF (Group Fitness) *C (Cycle) *CH(Chapel)

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

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

Saturday

Time	Class	Instructor
8:45am	Body by Bridgette Ripped Body by Bridgette TRX Body Fit	Bridgette 6/1 Tajuana 6/8 Bridgette 6/15 Tomoko 6/22 Sadee 6/29
9:45am	Yoga Zumba	Linda 6/1, 6/15, 6/22, 6/29 Tajuana June 8th
9:45am	Group Cycle	Bridgette 6/1, 6/8, 6/15 Sadee 6/29



KROC
MS GULF COAST