

# March 2020 Group X Schedule

## 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> <b>10:00am</b>	Hydro HIIT Deep Stretch	Mel (45m) *P (30m)
<b>9:30am</b>	Silver Sneakers	Maxine (45m) *FH
<b>10:15am*</b>	TRX (8 max)	Caroline (45m) *GF
<b>10:30am</b>	Chair Yoga	Linda (1hr) *CH
<b>10:30am</b>	Line Dance	Maxine (1hr) *FH
<b>11:15am</b>	Power Yoga	Mel (1hr) *GF
<b>12:15pm</b>	Cycle Express	Mel (35m) *C
<b>5:30pm</b>	Zumba	Genevieve *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	Mel (45m) *FH
<b>9:15am</b>	Aqua Tabata	Remelyn(45)*p
<b>9:30am</b>	Beginner Line Dance	Maxine (45m) *G
<b>9:30am</b>	Pure Strength *GF	Debbie (40m) *GF
<b>10:15am</b>	Pilates Barre Fusion *GF	Debbie (45m) *GF
<b>10:15am</b>	Dance & Tone	Mel (1hr) *FH
<b>11:15am</b>	Slow Flow Yoga	Mel (1hr) *GF
<b>4:30pm</b>	Body Fit	Sadee *GF
<b>5:30pm</b>	Group Cycle	Sadee (45m) *c
<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/Core	Debbie (45m) *GF
<b>8:30am</b>	Yoga	Debbie (40m) *GF
<b>8:30 am</b>	Mixedfit	Sadie D. (45m) *FH
<b>8:30am</b>	Yoga Splash	Mel (45m) *P
<b>9:15am</b>	Zumba	Tajuana (1hr) *GF
<b>9:15am</b>	Aqua Tabata	Sadee B. (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 (8 max)	Caroline (45m) GF
<b>10:30am</b>	Slow Flow Yoga	Mel (1hr) *FH
<b>4:00 pm</b> <b>4:30 pm</b>	Youth Fitness (ages 5-7) Youth Fitness (ages 8-12)	Blake (30min) each *GF
<b>5:30pm</b>	Yoga	Linda (1hr) *GF

## Thursday

Time	Class	Instructor
<b>8:30am</b>	Water Fitness	Maxine (45m) *P
<b>8:30am</b>	Tabata	Genevieve (45m) *GF
<b>9:15am</b>	Aqua HIIT	Genevieve (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) *FH
<b>5:30pm</b>	Group Cycle	Bridgett (45m) *C
<b>6:45pm</b>	Zumba	Tajuana (45m) *GF

# March 2020 Group X Schedule

## Friday

Time	Class	Instructor
7:30-8:25	Strength & Balance	Debbie (55m) *GF
8:30am	Pilates Core & Legs	Debbie (30m) *GF
8:15am__	Hydro HIIT	Mel (45m) *P
9:05am	Aqua Zumba	Genevieve (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	Remelyn (45m) FH
10:30am	Yoga	Mel (45m) *MP/CH
10:15am*	TRX (8 Max)	Caroline (45m) *GF
10:30am	Zumba Gold	Remelyn (1hr FH)

**“The Lord is my rock, my fortress and  
my deliverer; my God is my rock, in  
whom I take refuge, my shield and the  
horn of my salvation, my stronghold.  
Be confident in your work out,  
knowing God has your back”  
Psalm 18:2**

\*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) \*WR (weight rm)  
 ...  
 \*Sign up for class

**Get Fit w/ Lisa \*GF**  
**6am March 3<sup>rd</sup>, 5<sup>th</sup>, 23<sup>rd</sup> & 24<sup>th</sup>**

**Poses for Paws Yoga Retreat Sat. March 7<sup>th</sup>**  
**Benefitting the HSSM Pet Adoptions/Silent Auction**  
 9am – 1pm Tickets \$15 for one class  
 \$20 for both classes. Contact Mel 251-321-6392  
 Or Debbie 228-209-0224 for Tickets or Info



**KROC**  
**MS GULF COAST**

## Saturday

Time	Class	Instructor
8:45am	Body by Bridgett	21 <sup>st</sup> & 28 <sup>th</sup> Bridgett
9:45am	Yoga EVERY Saturday w/ Linda	MixxedFit Yoga 7 <sup>th</sup> & 14 <sup>th</sup> Sadie Linda every Sat. (*C)
9:45am	<b>Group Cycle</b>	21 <sup>st</sup> & 28 <sup>th</sup> Bridgett