

June 2020 Group Fitness Schedule

Monday

Time	& Class Size	Class	Instructor
10:30am	Max 10	Chair Yoga	Linda (1hr) * CH
5:30pm	Max 6	Group Cycle	Bridgett (45m) *C

Tuesday

Time		Class	Instructor
8:30am	Max 8	Yoga	Linda (1hr) *GF
10:15am	Max 4	Pilates Barre Fusion	Debbie (45m) *GF
4:30pm	Max 6	Body Fit	Sadee B. *GF
5:30pm	Max 6	Group Cycle	Sadee B. *C

Wednesday

Time		Class	Instructor
7:30am	Max 8	Express Muscle/Core	Debbie (45m) *GF
8:30am	Max 8	Yoga	Debbie (40m) *GF
8:30am	Max 8	Mixxed Fit	Sadee Davis *FH
5:30pm	Max 8	Yoga	Linda (1hr) * GF

Thursday

Time		Class	Instructor
10:30am	Max 10	Chair Yoga	Linda (45m) *CH
5:30pm	Max 6	Group Cycle	Bridgett (45m) *C

Friday

Time		Class	Instructor
7:30am – 8:25am	Max 8	Strength & Balance	Debbie (55m) * GF
8:30am	Max 8	Pilates Core & Legs	Debbie (30m) *GF

Please call 228-374-9129 to make your reservations for class.

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Saturday

Time	&	Class Size	Class	Instructor
8:45am		Max 8	Body by Bridgette	Bridgett June 6 th & 13 th *GF
		Max 8	Body Fit	Sadee B. June 20th
9:45am		Max 8	Yoga	Linda Every Saturday *CH
9:45am		Max 6	Group Cycle	Bridgett June 6 th & 13 th *C Sadee B. June 20 th *C

Dear Members,

We are working on a phased Fitness Class opening schedule Following CDC Guidelines, there will be a limited number of participants per class. Call the number below to reserve a spot for class.

We are thankful that we are slowly able to be here for you so that you can continue to stay healthy and safe.

Sincerely,

Chere

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well”.

3 John 1:2

Please call 228-374-9129 to make your reservations for class.