

October 2020 Group X Schedule

Monday

Time	Class	Instructor
8:30am	R.I.P.P.E.D.	Tajuana(45m) *GF
8:30am	Aqua Zumba	Genie/Remelyn(45m) *P
9:15am	Zumba	Remelyn (1h) *GF
9:30am	Silver Sneakers	Debra F. *45m(FH)
10:15am	Core	Genevieve (30m) *GF
10:30am	Chair Yoga	Linda (45m) *CH
10:30am	Line Dance	Denise (45m) *FH
5:30pm	Group Cycle	Bridgett (45m) *C

Tuesday

Time	Class	Instructor
8:30am	Yoga	Linda (1hr) *GF
8:30am	Aqua Strength & Stretch	Mel (45m) *P
9:15am	Aqua Tabata	Remelyn (45) *P
9:30am	SS Boom Strength	Mel (45m) * FH
9:30am	Pure Strength *GF	Debbie (40m) *GF
10:15am	Pilates Barre Fusion *GF	Debbie (45m) *GF
10:30am	Slow Flow Yoga	Mel (1hr) *CH
4:30pm	Body Fit	Sadee (45m) *GF
6:00pm	Zumba	Genevieve(1hr) *GF

Wednesday

Time	Class	Instructor
7:30am	Express Muscle/Core	Debbie (40m) *GF
8:20am	Yoga	Debbie (m) *GF
8:15am	Yoga Splash	Mel (45m) *P
9:15am	Aqua HIIT	Sadee B. (45m) *P
9:30am	Zumba Gold	Debra F. (45m) *FH
10:15am	Cycle	Sadee B. (45m) *C
5:00pm	Aqua Zumba	Genevieve (1hr) *P
5:00pm	Mixedfit	Sadie D. (45m) *FH
5:30pm	Yoga	Linda (1hr) *GF

Thursday

Time	Class	Instructor
8:30am	Aqua HIIT	Genevieve (45m) *P
9:15am	Zumba	Remelyn (1hr) *GF
9:30am	Line Dance	Denise (45m) *FH
10:15am	Core	Genevieve (30m) GF
10:30am	Chair Yoga	Linda (45m) *C
4:30pm	Body Fit	Sadee B. (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
8:30am-9:00am	Pilates Core & Legs	Debbie (30m) *GF
8:30am	Hydro Hiit	Mel (45m) *P
9:15am	Aqua Zumba	Genevieve (45m) *P
9:10am	Yoga	Debbie (55m*GF)
9:15am	SS Step Above	Mel (45m) * FH
10:30am	Yoga	Mel (45m) *CH
10:30am	Zumba Gold	Genevieve (45m) *FH

Hebrews12:1
 “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us”.

*P (Pool) *GF (Group Fitness) *C (Cycle) *CH(Chapel)
 *FH (Fellowship Hall) Yellow (New Class or time change)
 *G (Gym) *P (pool) SS Silver Sneakers

The highlighted classes are either new or a new time.

*Some classes might get moved around for 6 ft distance spacing.

Saturday

Time	Class & Date	Instructor
8:45am	Aqua Zumba 10/3	Genevieve *P
	Body Fit 10/24	Sadee B *GF
9:45am	Zumba 10/3	Genevieve *GF
	Yoga 10/10,10/17,10/24	Linda *CH
	MixedFit 10/10	Sadie D. *FH
	Line Dance 10/17	Denise *FH
9:45am	Cycle 10/24	Sadee B. *C



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