

# January 2021 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>9:30am</b>	Silver Sneakers	Debra F. *45m(FH)
<b>10:15am</b>	Core	Genevieve (30m) *GF
<b>10:30am</b>	Chair Yoga	Linda (45m) *CH
<b>10:30am</b>	Line Dance	Denise (45m) *FH
<b>11:00am</b>	Express Lunch Bootcamp	Sadee B. (45m) *Outside
<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>	Aqua Strength & Stretch	Mel (45m) *P
<b>9:15am</b>	Aqua Tabata	Remelyn(45) *P
<b>9:30am</b>	SS Boom Strength	Mel (45m) * GF
<b>9:30am</b>	Mixedfit	Sadie D. (45m)*FH
<b>10:30am</b>	Slow Flow Yoga	Mel (1hr) *GF
<b>4:30pm</b>	Body Fit	Sadee (45m) *GF
<b>5:30pm</b> only through 1/7	Mini Bootcamp	Genevieve(45m) *GF

## Wednesday

Time	Class	Instructor
<b>7:30am</b>	Express Muscle/Core	Debbie (45m) *GF
<b>8:20am</b>	Barre-Pilates	Debbie (45m) *GF
<b>8:15am</b>	Yoga Splash	Mel (45m) *P
<b>9:15am</b>	Aqua HIIT	Sadee B. (45m) *P
<b>9:10am</b>	Yoga	Debbie (45m) *GF
<b>9:15am</b>	Silver Sneakers	Debra (45m) *FH
<b>10:15am</b>	Zumba Gold	Debra (45m) *FH
<b>10:15am</b>	Cycle	Sadee B. (45m) *C
<b>5:00pm</b>	Aqua Zumba	Genevieve (45m) *P
<b>6:00pm</b>	Aqua Tabata (Dream Program)	Genevieve (1hr) *P
<b>5:30pm</b>	Yoga	Linda (1hr) *GF

## Thursday

Time	Class	Instructor
<b>8:30am</b>	Aqua HIIT	Genevieve (45m)
<b>9:15am</b>	Zumba	Remelyn (1hr) *GF
<b>9:30am</b>	Line Dance	Denise (45m) *FH
<b>10:30am</b>	Chair Yoga	Linda (45m) *C
<b>4:30pm</b>	Body Fit	Sadee B. (45m) *GF
<b>5:30pm</b>	Group Cycle	Bridgett (45m) *C
<b>5:30pm</b> Last day 1/7	Mini Bootcamp	Genevieve (45m) *FH

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## Friday

Time	Class	Instructor
<b>7:30-8:25</b>	Strength & Balance	Debbie (55m) *GF
<b>8:30am-9:00am</b>	Pilates Core & Legs	Debbie (30m) *GF
<b>8:30am</b>	Hydro Hitt	Mel (45m) *P
<b>9:15am</b>	Aqua Zumba	Genevieve (45m) *P
<b>9:10am</b>	Yoga	Debbie (55m*GF)
<b>9:15am</b>	SS Step Above	Mel (45m) * FH
<b>10:30am</b>	Yoga	Mel (45m) *GF
<b>10:30am</b>	Zumba Gold	Genevieve (45m) *FH

Isaiah 40:31

“but those who hope in the LORD will  
renew their strength. They will soar on  
wings like eagles; they will run and not  
grow weary; they will walk and not be  
faint”.

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

## Happy New Year 2021!!

Saturday January 9<sup>th</sup>. Join Genevieve in the pool for several different Aqua classes; Tabata, Zumba and ending with Aichi – Aichi is a water-based total body strengthening and relaxation progression that integrates mental, physical, and spiritual together.

## Saturday

Time	Class & Date	Instructor
<b>8:00am – 10am</b>	Aqua Tabata 1/9 Aqua Zumba Aqua Aichi	Genevieve
<b>8:45am</b>	Body by Bridgett 1/16 & 30th	Bridgett (45m) *GF
<b>9:45am</b>	Yoga 1/2, 16 <sup>th</sup> , 30 <sup>th</sup> Beginner Line Dance 1/9 MixedFit 1/23	Linda (1hr) *CH Denise (45m) *FH Sadie D. (45m) *GF
<b>9:45am</b>	<b>CYCLE 1/26 &amp; 30</b>	Bridgett



**KROC**  
MS GULF COAST