

March 2021 Group X Schedule

Monday

Time	Class	Instructor
7:30am	Yoga/Barre Intensity	Sharon (45m) *GF
8:30am	R.I.P.P.E.D.	Tajuana (45m) *GF
8:30am	Aqua Zumba	Remelyn (45m) *P
9:15am	Zumba	Remelyn (1h) *GF
9:30am	Silver Sneakers	Debra F. *45m (FH)
10:30am	Chair Yoga	Linda (1hr) *CH
10:30am	Line Dance	Denise (45m) *FH
11:00am	Express Lunch Bootcamp	Sadee B. (45m) *TBD
4:30pm	TRX (7 Students)	Sadee B. (45m) *GF
5:30pm	Group Cycle	Bridgett (45m) *C

Tuesday

Time	Class	Instructor
7:30am	Barre Intensity	Sharon (45m) *GF
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) * GF
9:30am	Mixedfit	Sadie D. (45m) *FH
10:30am	Slow Flow Yoga	Mel (1hr) *GF
4:30pm	Body Fit	Sadee (45m) *GF

Wednesday

Time	Class	Instructor
7:30am	Express Muscle/Core	Debbie (45m) *GF
8:20am	Barre-Pilates	Debbie (45m) *GF
8:30am	Yoga Splash	Mel (45m) *P
9:15am	Aqua HIIT	Sadee B. (45m) *P
9:10am	Yoga	Debbie (45m) *GF
9:30am	Silver Sneakers	Debra (45m) *FH
10:30am	Zumba Gold	Debra (45m) *FH
10:15am	Cycle	Sadee B. (45m) *C
11:00am	Express Lunch Bootcamp	Sadee B. (45m) *TBD
4:00 pm	Kid's Yoga (4yr – 6yr)	Sharon (25m) *GF
4:30 pm	Kid's Yoga (7yr – 12yr)	Sharon (25m) *GF

Thursday

Time	Class	Instructor
7:30am	Yoga Fusion	Sharon (45m)*GF
8:30am	Aqua HIIT	Genevieve (45m)*P
8:30am	Mommy & Baby Yoga	Sharon (45m) *GF
9:30am	Zumba	Remelyn (1hr) *GF
9:30am	Line Dance	Denise (45m) *FH
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 Hitt	Mel (45m) *P
9:15am	Aqua Zumba	Genevieve (45m) *P
9:10am	Yoga	Debbie (55m*GF)
9:15am	Cycle Fly/Flow	Mel (45m) * C
9:30am	Fit & Fifty	Debra (45m) *FH
10:30am	Yoga	Mel (45m) *GF
10:30am	Zumba Gold	Genevieve (45m) *FH

Psalm 46:1-3
**“God is our refuge and strength,
 an ever-present help in trouble.
 Therefore, we will not fear,
 though the earth gives way, and
 the mountains fall into the heart
 of the sea, though its waters roar
 and foam and the mountains
 quake with their surging.”**

*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

Saturday

Time	Class & Date	Instructor
8:45am	Aqua Tabata, Aqua Zumba & Aqua Aichi 3/6 Body by Bridgett 3/20	Genevieve (P) 7:30am – 9am Bridgett (45m) *GF
9:45am	Yoga 3/6,20, 27 Beginner Line Dance 3/13	Linda (45m) * CH Denise (45m) *FH
9:45am	Cycle 3/20	Bridgett (45m) *C



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MS GULF COAST