

# May 2021 Group X Schedule

## Monday

Time	Class	Instructor
<b>7:30am</b>	Yoga Flow	Sharon (45m) *GF
<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>10:30am</b>	Chair Yoga	Linda (1hr) *CH
<b>10:30am</b>	Line Dance	Denise (45m) *FH
<b>11:00am</b>	Lunch Bootcamp	Sadee B. (45m) *outside
<b>4:30pm</b>	TRX (7 Students)	Sadee B. (45m) *GF
<b>5:30pm</b>	Group Cycle	Bridgett (45m) *C

## Tuesday

Time	Class	Instructor
<b>7:30am</b>	Yoga Barre	Sharon (45m) *GF
<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>10:30am</b>	Slow Flow Yoga	Mel (1hr) *GF
<b>4:30pm</b>	Body Fit	Sadee (45m) *GF
<b>5:30 pm</b>	Zumba	Genevieve (45m) * GF
<b>6:30pm</b>	Muscle HIIT	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>8:30am</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>9:30am</b>	Silver Sneakers	Debra (45m) *FH
<b>10:30am</b>	Zumba Gold	Debra (45m) *FH
<b>10:15am</b>	Cycle	Sadee B. (45m) *C
<b>11:00am</b>	Lunch Bootcamp	Sadee B. (45m) *TBD
<b>4:00 pm</b>	Kid's Yoga (4yr – 6yr)	Sharon (25m) *GF
<b>4:30 pm</b>	Kid's Yoga (7yr – 12yr)	Sharon (25m) *GF
<b>5:15pm</b>	Yoga	Sharon (45m) *GF

## Thursday

Time	Class	Instructor
<b>7:30am</b>	Yoga Fushion	Sharon (45m)*GF
<b>8:30am</b>	Aqua HIIT	Genevieve (45m) *P
<b>8:30am</b>	Mom & Baby Yoga	Sharon (45m) *GF
<b>9:30am</b>	Zumba	Remelyn (45m) *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

# May 2021 Group X Schedule

## 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 HIIT	Mel (45m) *P
<b>9:15am</b>	Aqua Zumba	Genevieve (45m) *P
<b>9:10am</b>	Yoga	Debbie (55m)*GF
<b>9:15am</b>	Cycle Fly/Flow	Mel (45m) * C
<b>9:30am</b>	Fit & Fifty	Debra (45m) *FH
<b>10:30am</b>	Yoga	Mel (45m) *GF
<b>10:30am</b>	Zumba Gold	Genevieve (45m) *FH

\*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

**Wednesday, May 5<sup>th</sup> Zumba di Mayo**  
**10:30am Dance the morning away.**

**Wednesday evening water classes are back**  
**beginning 5/12.**

**Aqua Zumba 5:15pm Aqua Tabata 6:00pm**

Isaiah 40:31

“But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint”.

## Saturday

Time	Class & Date	Instructor
<b>9:45am</b>	<b>Yoga 5/1, 15<sup>th</sup>, &amp; 29<sup>th</sup></b>  <b>Beginner Line Dance 5/8</b>	Linda (45m) *C  Denise (45m) *FH



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