

June 2021 Group X Schedule

Monday

Time	Class	Instructor
7:30am	Yoga Fushion	Sharon (45m) *GF
8:30am	R.I.P.P.E.D.	Tajuana(45m) *GF
8:30am	Aqua Zumba	Remelyn (45m) *P
8:30am	Silver Sneakers	Mel *45m (FH)
9:15am	Zumba	Remelyn (1h) *GF
9:15am	Line Dance	Denise (45m) *FH
10:00am	Chair Yoga	Linda (45m) *CH
5:30pm	Group Cycle	Bridgett (45m) *C

Tuesday

Time	Class	Instructor
7:30am	Yoga Barre	Sharon (45m)*GF
8:30am	Yoga	Linda (1hr) *GF
8:30am	Aqua Strength & Stretch	Mel (45m) *P
8:30am	Cycle	Cyclone 😊 Sadee (45m) *C
9:15am	Aqua Tabata	Remelyn (45m) *p
9:30am	Bootcamp	Sadee (45m) *outside or FC
9:30am	Boom Strength	Mel (45m) * GF
10:30am	Slow Flow Yoga	Mel (1hr) *GF
4:30pm	Cardio Kickboxing	Sadee (45m) *GF
5:30 pm	Cycle	Sadee (45m) *C
5:30pm	Zumba	Genevieve (45m) *GF
6:30pm	Muscle HITT	

Wednesday

Time	Class	Instructor
7:30am	Express Muscle/Core	Debbie (45m) *GF
8:20am	Barre-Pilates	Debbie (45m) *GF
8:15am	Yoga Splash	Mel (45m) *P
9:00am	Aqua HIIT	Sadee B. (45m) *P
9:10am	Yoga	Debbie (45m) *GF
8:30am	Silver Sneakers	Remelyn (45m) *FH
9:15am	Zumba Gold	Remelyn (45m) *FH
10:15am	TRX (7 students)	Sadee B. (45m) *GF
5:15pm	Yoga	Sharon (45m) *GF

Thursday

Time	Class	Instructor
7:30am	Yoga Fushion	Sharon (45m) *GF
8:30am	Aqua Tabata	Genevieve (45m) *p
8:30am	Cycle	Cyclone Sadee B. (45m) *C
9:15am	Aqua Zumba	Genevieve (45m) *p
9:15am	Zumba	Remelyn (1hr) *GF
9:00am	Line Dance	Denise (45m) *FH
9:30am	Bootcamp	Sadee B. (45m) O
10:00 am	Chair Yoga	Linda (45m) *CH
4:30pm	Body Fit	Sadee B. (45m) *GF
5:30pm	Group Cycle	Bridgett (45m) *C

June 2021 Group X Schedule

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
9:10am	Yoga	Debbie (55m*GF)
9:15am	Cycle Fly/flow	Mel (45m) *C
10:30am	Yoga	Mel (45m) *GF

Proverbs 3:7-8
“Be not wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones”.

*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

Start your summer off with attending many of our Fitness Classes. The highlighted ones are a new class or a change in the time of a class.

Saturday

Time	Class & Date	Instructor
8:45am	Beginner Line Dance 6/5 Body by Bridgett 6/5 th & 12 th	Denise (45m) *FH Bridgett (45m) *GF
9:45am	Yoga 6/5 & 19 Yoga 6/12 & 26	Linda (45m) *GF Debbie (45m) *GF
9:45am	Cycle 6/5 th & 12 th	Bridgett (45m) *C



KROC
 MS GULF COAST