

# August 2021 Group X Schedule

## Monday

| Time    | Class           | Instructor          |
|---------|-----------------|---------------------|
| 7:30am  | Yoga Flow       | Sharon (45m) *GF    |
| 8:30am  | R.I.P.P.E.D.    | Tajuana (45m) *GF   |
| 8:30am  | Aqua Zumba      | Remelyn (45m) *P    |
| 9:15am  | Aqua Fitness    | Megan (45m) *P      |
| 9:15am  | Zumba           | Remelyn (1h) *GF    |
| 9:30am  | Silver Sneakers | Debra F. (45m) * FH |
| 10:30am | Chair Yoga      | Linda (45m) *CH     |
| 10:15am | Fit Body        | Megan (45m)         |
| 10:30am | Line Dance      | Denise (45m) *FH    |
| 5:30pm  | Group Cycle     | Bridgett (45m) *C   |

## Tuesday

| Time    | Class                    | Instructor           |
|---------|--------------------------|----------------------|
| 7:30am  | Yoga Barre               | Sharon (45m) *GF     |
| 8:30am  | Yoga Tone                | Sharon (45m) *GF     |
| 8:30am  | Aqua Strength & Stretch  | Mel (45m) *P         |
| 9:15am  | Aqua Tabata              | Remelyn (45) *P      |
| 9:30am  | Strength, Stretch & Tone | Mel (45m) * GF       |
| 10:30am | Slow Flow Yoga           | Mel (1hr) *GF        |
| 4:30pm  | Body Fit                 | Sadee (45m) *GF *GF  |
| 5:30pm  | Cycle                    | Sadee (45m)          |
| 5:30pm  | Aqua Zumba               | Genevieve (45m) * GF |
| 6:30pm  | Aqua Tabata              | Genevieve (45m) *P   |

## 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/Megan (45m) *P |
| 9:10am  | Yoga                | Debbie (45m) *GF     |
| 9:15am  | Cycle               | Mel (45m) *C         |
| 9:30am  | Silver Sneakers     | Debra (45m) *FH      |
| 10:15am | TRX (7 students)    | Megan (45m) *GF      |
| 10:30am | Zumba Gold          | Debra (45m) *FH      |
| 10:30am | Chair Yoga          | Linda (45m) *CH      |
| 4:30pm  | Body Tone           | Sharon (45m) *GF     |
| 5:15pm  | Yoga                | Sharon (45m) *GF     |

## Thursday

| Time    | Class               | Instructor          |
|---------|---------------------|---------------------|
| 7:30am  | Yoga Fusion         | Sharon (45m) *GF    |
| 8:30am  | Aqua HIIT           | Genevieve (45m) *p  |
| 8:30am  | Yoga                | Sharon (45m) *GF    |
| 9:15am  | Aqua Zumba          | Genevieve (45m) *P2 |
| 9:15am  | Zumba               | Remelyn (45m) *GF   |
| 9:30am  | Line Dance          | Denise (45m) *FH    |
| 9:30am  | Muscle Power        | Megan (45m) *FC/*O  |
| 10:15am | Beginner Line Dance | Denise (45m) *FH    |
| 4:30pm  | Body Fit            | Sadee (45m) *GF     |
| 5:30pm  | Group Cycle         | Bridgett (45m) *C   |

## August 2021 Group X Schedule

### Friday

| Time                 | Class               | Instructor          |
|----------------------|---------------------|---------------------|
| <b>7:30-8:25</b>     | Strength & Balance  | Debbie (55m)<br>*GF |
| <b>8:30am-9:00am</b> | Pilates Core & Legs | Debbie (30m)<br>*GF |
| <b>8:30am</b>        | Hydro HIIT          | Mel (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 F.(45m) *FH   |
| <b>10:30am</b>       | Zumba Gold          | Debra F.(45m) *FH   |
| <b>10:30am</b>       | Yoga                | Mel (45m) *GF       |
| <b>10:30am</b>       | Chair Yoga          | Linda (45m) *CH     |

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid”.

John 14:27

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

**Aqua classes are back on Tuesday Nights!**

**Kids are back in school. Now it is time to focus on YOU!! Try out one or more of many Fitness Classes!**

### Saturday

| Time          | Class & Date  | Instructor  |
|---------------|---|---|
| <b>8:45am</b> | Body by Bridgett<br>8/21                                    | Bridgett  |
| <b>9:45am</b> | Yoga 8/7 & 28 <sup>th</sup><br>Yoga 8/14 & 21<br>Zumba 8/28 | Debbie (45m) *GF<br>Linda (45m) *C<br>Debra F. (45m)<br>*FH |
| <b>9:45am</b> | Cycle 8/21  | Bridgett (45m) *C   |



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