

JULY 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	Debra *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
9:15am	Aqua Tabata	Remelyn (45m) *P
9:30am	Strength, Stretch & Tone	Mel (45m) * GF
10:30am	Slow Flow Yoga	Mel (1hr) *GF
4:30pm	Body Fit	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	Debra (45m) *FH
9:15am	Zumba Gold	Debra (45m) *FH
9:15am	Cycle	Mel (45m)*C
10:05am	TRX (7 students)	Sadee B. (45m) *GF
5:15pm	Yoga	Sharon (45m) *GF

Thursday

Time	Class	Instructor
7:30am	Yoga Fushion	Sharon (45m) *GF
8:15am	Yoga	Sharon (45m) *GF
8:30am	Aqua Tabata	Genevieve (45m) *P
8:30am	Cycle	Cyclone Sadee (45m) *C
9:00am	Line Dance	Denise (45m)*P
9:15am	Aqua Zumba	Genevieve (45m) *P
9:15am	Zumba	Remelyn (1hr) *GF
9:30am	Bootcamp	Sadee/Megan (45m) *FC or Outside
10:00 am	Chair Yoga	Linda (45m) *CH
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
9:10am	Yoga	Debbie (55m*GF)
9:15am	Cycle Fly/flow	Mel (45m) *c
10:30am	Yoga	Mel (45m) *GF

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well” (3 John 1:2).

*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 July 17th 6:30pm
10th Annual Kroc & Roll Sunset Run
5K/10K Registration now open
KrocMSCoast.org/SunsetRun

Saturday		
Time	Class & Date	Instructor
8:45am	Beginner Line Dance 7/10	Denise (45m) *FH
	Body by Bridgett 7/24	Bridgett (45m) *GF
9:45am	Yoga 7/3,17 th , & 31	Linda (45m) *GF
	Yoga 7/10 & 24	Debbie (45m) *GF
	Fit & Fifty 7/31	Debra F. *GF
9:45am	Cycle 7/24	Bridgett (45m) *C

