

September 2021 Group X Schedule

Monday

Time	Class	Instructor
7:30am	Yoga Flow	Sharon (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)
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	Group 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	Megan (45m) *P
9:10am	Yoga	Debbie (45m) *GF
9:15am	Group Cycle	Mel (1hr) *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

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

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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 HIIT	Megan (45m) *P
9:10am	Yoga	Debbie (55m*GF)
9:15am	Cycle Fly/Flow	Mel (1hr) * C
10:30am	Yoga	Mel (45m) *GF
10:30am	Chair Yoga	Linda (45m) *CH

The LORD is my strength and
 my shield;
 my heart trusts in him, and
 He helps me.
 My heart leaps for joy,
 and with my song I praise
 Him.

Psalm 28:7

*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

Saturday

Time	Class & Date	Instructor
9:45am	Yoga 9/4 & 18	Debbie (45m) *GF
	Yoga 9/11 & 25	Linda (45m) *CH

**Classes in red are subject to be cancelled.
 So, if you like a specific class, tell all your
 friends to check it out.**



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