

November 2021 Group X Schedule

Monday

Time	Class	Instructor
7:30am	Body Strength	Susan (45m) *GF
8:30am	Aqua Zumba	Remelyn (45m) *P
9:15am	Aqua Fitness	Megan (45m) *P
9:15am	Zumba	Remelyn (45m) *GF
9:30am	Cycle	Mel (45m) *C
9:30am	Silver Sneakers	Debra F. (45m) *FH
10:30am	Chair Yoga	Linda (45m) *CH
10:15am	TRX	Megan (45m) *GF
10:30am	Line Dance	Denise (45m) *FH
5:30pm	Group Cycle	Bridgett (45m) *C

Tuesday

Time	Class	Instructor
7:30am	Body Strength	Susan (45m) *GF
8:30am	Yoga	Debbie/Linda (45m) *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
5:30pm	Group Cycle	Sadee (45m) *C
5:30pm	Aqua Fit	Genevieve (45m) *GF
6:30pm	Aqua Fit	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	Chair Yoga	Linda (45m) *CH

Thursday

Time	Class	Instructor
7:30am	Body Tone	Susan(45m) *GF
8:30am	Aqua FIT	Genevieve (45m) *P
8:30am	Yoga Strength/Fusion	Mel (45m) *GF
9:15am	Aqua FIT	Genevieve (45m) *P
9:15am	Zumba	Remelyn(45m) *GF
9:30am	Line Dance	Denise (45m) *FH
10:15am	Beginner Line Dance	Denise (45m) *FH
4:30pm	Body Fit	Sadee (45m) *GF
5:30pm	Aqua Fitness	Genevieve (45m) *P
6:30pm	Aqua Fitness	Genevieve (45m) *P

November 2021 Group X Schedule

Friday		
Time	Class	Instructor
7:30am-8:25am	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	Spin & Zen	Mel (1hr 20m) * C
9:15am	Aqua Fit	Genevieve (45m) *P
9:30am	Silver Sneakers	Debra F.(45m) *FH
10:45am	Yoga	Mel (45m) *GF
10:30am	Chair Yoga	Linda (45m) *CH

For God has not given us a spirit of fear, but of power and of love and of a sound mind.
2 Timothy 1:7

*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

Friday, November 26th
 No Classes

Saturday		
Time	Class & Date	Instructor
	Yoga 11/6,11/20	Debbie (45m) *GF
9:45am	Yoga 11/13,11/27	Linda (45m) *GF

Get ready for Holiday Shape Up!! November 15 – January 7th.
 Sign up at the Front Desk.

Classes in yellow are a new class or new instructor.

Classes in red might be cancelled the following month. So, if you like a class invite some friends to attend.

