

# January 2022 Group X Schedule

## Monday

Time	Class	Instructor
7:30am	Body Strength	Susan (45m) *GF
8:30am	Beginner Cycle	Mel (45m) *C
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
10:30am	Beginner Line Dance	Denise (45m)*FH
5:30pm & 6:30	Aqua Fitness	Genevieve (45m) *P
5:30pm	Group Cycle	Bridgett (45m)*C

# January 2022 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

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

~ [Romans 15:13](#)

\*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

**New Year, New You. Shake up your workouts and try a new group class.**

## Saturday

Time	Class & Date	Instructor
	Yoga 1/15 & 29	Debbie (45m) *GF
9:45am	Yoga 1/8 & 22	Linda (45m) *GF

## Happy New Year!



**KROC**  
MS GULF COAST