

March 2022 Group X Schedule

Monday

Time	Class	Instructor
7:30am	Body Strength	Susan (45m) *GF
8:15am	Yoga Fusion	Sharon (1hr) *GF
8:30am	Aqua Zumba	Remelyn (45m) *P
9:15am	Aqua Fit	Genevieve (45m) *P
9:15am	Zumba	Remelyn (45m) *GF
9:15am	Cycle	Mel (1hr) *C
9:30am	Silver Sneakers	Debra F. (45m) *FH
10:30am	Chair Yoga	Linda (45m) *CH
10:15am	TRX	Mel (45m) *GF
10:30am	Line Dance	Denise (45m) *FH
5:30pm	Group Cycle	Bridgett (45m) *C
5:45pm	Bootcamp	Sadee (1hr) *O

Tuesday

Time	Class	Instructor
7:30am	Body Strength	Susan (45m) *GF
8:30am	Yoga	Debbie/Linda (45m) *GF
8:30am	Aqua Tabata	Remelyn (45m) *P
9:15am	Aqua Yoga	Remelyn (45m) *P
9:30am	Strength, Stretch & Tone	Mel (45m) *GF
10:30am	Slow Flow Yoga	Mel (1hr) *GF
4:30pm	Body Fit	Sadee (1hr) *GF
5:30pm	Cycle	Sadee (45m) *C
5:30pm	Aqua Fit	Genevieve (45m) *GF
6:15pm	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	Aqua Gen Zin (Ai Chi)	Genevieve (45m) *P
9:15am	Aqua Fit	Genevieve (45m) *P
9:10am	Yoga	Debbie (45m) *GF
9:00am	Group Cycle	Mel (45m) *C
9:30am	Silver Sneakers	Debra (45m) *FH
10:00am	Bootcamp	Sadee (45m) *O
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
8:20am	Yoga Fusion	Mel (50m) *GF
9:15am	Aqua FIT	Genevieve (45m) *P
9:30am	Line Dance	Denise (45m) *FH
10:30am	Beginner Line Dance	Denise (45m) *FH
5:30pm & 6:15pm	Aqua Fitness	Genevieve (45m) *P
5:30pm	Group Cycle	Bridgett (45m) *C

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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	Aqua Fit	Genevieve (45m) *P
9:10am	Yoga	Debbie (55m*GF)
9:15am	Spin & Zen	Mel (1 1/2) * 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
10:30am	Zumba Gold	Debra F. (45m) *FH

"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working." ~ [James 5:16](#)

Highlighted Classes or new classes or new instructor.

*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
	Yoga 3/5 & 19	Debbie (45m) *GF
9:45am	Yoga 3/12 & 26	Linda (45m) *GF

Be proactive and have your Blood Pressure and Cholesterol Screened.

Wednesday March 23rd 8:00am – 9:30am.

Please sign up if you want your Cholesterol tested. \$20 for Cholesterol screening.



KROC

MS GULF COAST