

# June 2022 Group Fitness Schedule

## Monday

Time	Class	Instructor
7:30am	Body Strength/Cardio	Susan (45m) *GF
8:15am	Yoga Fusion	Sharon (1hr) *GF
8:30am	Aqua Zumba	Remelyn (45m) *P
8:30am	Silver & Fit	Chere (45m) *FH
9:15am	Zumba	Remelyn (45m) *GF
9:15am – 10:45am	Spin & Zen	Mel *C
9:15am	Line Dance	Denise (45m) * FH
10:30am	Chair Yoga	Linda (45m) *CH
10:15am	TRX	Julie (45m) *GF
11:45am	Step & Strength	Ana (45m) *GF

## Tuesday

Time	Class	Instructor
7:30am	Body Strength	Susan (45m) *GF
8:30am	Yoga	Mel (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
11:45am	Lunch Spin	Ana (45m) *C
4:30pm	Body Fit	Sadee (1hr) *GF

## Wednesday

Time	Class	Instructor
7:30am	Express Muscle/Core	Debbie (45m) *GF
8:20am	Barre-Pilates	Debbie (45m) *GF
9:15am	Aqua Fit	Sadee (45m) *P
8:30am	Silver & Fit	Chere (45m) *GF
9:10am	Yoga	Debbie (45m) *GF
9:15am - 10:45am	Spin & Zen	Mel *C
10:00am	Bootcamp	Sadee (45m) *O
10:00am	Chair Yoga	Linda (45m) *CH
11:00AM	Zumba	Qua'Shellea (45m) *GF
11:45am	Step & Strength	Ana (45m) *GF
6:00pm	Dance Therapy	Qua'Shellea (45m) *GF

## Thursday

Time	Class	Instructor
7:30am	Body Tone & Cardio	Susan(45m) *GF
9:15am	Aqua Fit	Sadee (45m)*P
8:30am	Yoga Fusion	Mel/Debbie (1 hr) *GF
9:30am	Restorative Yoga	Mel/Debbie (45m) *GF
9:00am	Line Dance	Denise (45m) *FH
11:45am	Lunch Spin	Ana (45m) *C

# June 2022 Group Fitness 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	Aqua Fit	Mel (45m) *P
9:10am	Yoga	Debbie (55m)*GF
9:15am	Spin & Zen	Mel (1 1/2) * C
10:00am	Chair Yoga	Linda (45m) *CH
10:45am	Power Strength/ Yoga	Mel (45m) *GF

Be joyful in hope, patient in affliction, faithful in prayer.  
**Romans 12:12**

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
9:45am	Yoga 6/18 Yoga 6/4 & 6/25	Debbie (45m) *GF Linda (45m) *GF