

May 2022 Group X 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
9:15am	Aqua Fit	Genevieve (45m) *P
9:15am	Zumba	Remelyn (45m) *GF
9:15am	Cycle	Mel (1hr) *C
9:30am	Silver & Fit	Chere/TBD (45m) *FH
10:30am	Chair Yoga	Linda (45m) *CH
10:15am	TRX	Julie (45m) *GF
10:30am	Line Dance	Denise (45m) *FH
5:45pm	Bootcamp	Sadee (1hr) *O

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
4:30pm	Body Fit	Sadee (1hr) *GF
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 Fit	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 & Fit	Chere /TBD (45m) *FH
10:00am	Bootcamp	Sadee (45m) *O
10:30am	Chair Yoga	Linda (45m) *CH
11:00am	Zumba	Qua'Shellea (45m) *GF
6:00pm	Dance Therapy	Qua'Shellea (45m) *GF

Thursday

Time	Class	Instructor
7:30am	Body Tone & Cardio	Susan(45m) *GF
8:30am	Aqua Fit	Genevieve (45m) *P
8:20am	Yoga Fusion	Mel/Debbie (60m) *GF
9:15am	Aqua Fit	Genevieve (45m) *P
9:30am	Restorative Yoga	Mel/Debbie (45m) *GF
9:30am	Line Dance	Denise (45m) *FH
10:30am	Beginner Line Dance	Denise (45m) *FH
5:30pm	Aqua Fitness	Genevieve (45m) *P
6:15pm	Aqua Fitness	Genevieve (45m)

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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
10:45am	Yoga	Mel (45m) *GF
10:30am	Chair Yoga	Linda (45m) *CH

You shall walk in all the way that the Lord your God has commanded you, that you may live, and that it may go well with you, and that you may live long in the land that you shall possess.

[Deuteronomy 5:33](#)

Highlighted Classes or new classes or new instructor.
Classes in Red are subject to be cancelled.

*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 5/14 & 28	Debbie (45m) *GF
9:45am	Yoga 5/7 & 21	Linda (45m) *GF

Join our new instructor, Qua'Shellea, and Dance, Dance, & Dance.
Wednesday's 11:00am Zumba & 6:00pm Dance Therapy.

(Dance Therapy is a dance fitness cardio & urban inspired dance. Guaranteed to get raise your confidence, burn calories and lower blood pressure)

She is also a licensed Massage Therapist. Reward yourself with a 5 min. chair massage after her classes.



KROC
 MS GULF COAST