

August 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 |
| | | |
| 9:30am | Silver & Fit | Chere (45m) *FH |
| 9:15am | Zumba | Remelyn (45m) *GF |
| 9:15am – 10:45am | Spin & Zen | Mel *C |
| 10:30am | Line Dance | Denise (45m) * FH |
| 10:30am | Chair Yoga | Linda (45m) *CH |
| 11:45am | Lunch Spin | Ana (45m) *GF |

Tuesday

| Time | Class | Instructor |
|---------|-----------------------------|------------------|
| 7:30am | Body Strength | Susan (45m) *GF |
| 7:45am | Aqua Power Strength/stretch | Mel (45m) *P |
| 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 | Step & Strength | Ana (45m) *C |
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| | | |

Wednesday

| Time | Class | Instructor |
|---------|---------------------|-----------------------|
| 7:30am | Express Muscle/Core | Debbie (45m) *GF |
| 8:20am | Barre-Pilates | Debbie (45m) *GF |
| 8:30am | Aqua Bootcamp | Mel (45m) *P |
| 9:10am | Yoga | Debbie (45m) *GF |
| 9:15am | Aqua Yoga | Mel (45m) *P |
| 9:15am | Spin | Sadee (45m) *C |
| 9:30am | Ener-Chi | Sharon (45m) *FH |
| 10:00am | Bootcamp | Sadee (45m) *O |
| 10:30am | Chair Yoga | Linda (45m) *CH |
| 11:00am | Dance Therapy | Qua'Shellea (45m) *GF |
| 11:45am | Lunch Spin | Ana (45m) *GF |
| 6:30pm | Dancy Therapy | Qua'Shellea (45m) *GF |
| | | |

Thursday

| Time | Class | Instructor |
|---------|---------------------|------------------------|
| 7:30am | Body Tone & Cardio | Susan(45m) *GF |
| | | |
| 8:30am | Yoga Fusion | Mel/Debbie (1 hr.) *GF |
| 9:30am | Restorative Yoga | Mel/Debbie (45m) *GF |
| 9:30am | Line Dance | Denise(45m) *FH |
| 10:30am | Beginner Line Dance | Denise(45m) *FH |
| 11:45am | Step & Strength | Ana (45m) *C |
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August 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 Power Strength/Stretch | Mel (45m) *P |
| 9:10am | Yoga | Debbie (55m)*GF |
| 9:15am | Spin & Zen | Mel (1 1/2) * C |
| 9:30am | Silver & Fit | Chere (45m) *FH |
| 10:30am | Chair Yoga | Linda (45m) *CH |
| 10:45am | Yoga | Mel (45m) *GF |
| 11:45am | Lunch Spin | Ana (45m) *GF |
| | | |

“And thou shalt love the Lord thy God with all thy heart, and will all thy soul, and will all thy mind, and with all thy strength: this is the first commandment. “
Mark 12:30

Highlighted Classes are new classes, new instructor, or new time.

*P (Pool) *GF (Group Fitness) *C (Cycle) *CH (Chapel)
*FH (Fellowship Hall) *FC (Fitness Center)
*G (Gym) *P (pool) *O (outside)

| Saturday | | |
|----------|---------------------------------|---|
| Time | Class & Date | Instructor |
| | | |
| 9:45am | Yoga 8/6 & 20 Yoga 8/13 & 27 | Debbie (45m) *GF Linda (45m) *GF |
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