

# OCTOBER 2024

## Room #405

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Sunrise Yoga	Pilates	Sunrise Yoga	Pilates	
7:00am						
8:00am		Active & Fit		Active & Fit		
9:00am		Active & Fit		Active & Fit		
4:30pm						
5:30pm						



"KATE IS AMAZING!!! MY BACK FELT 1000% BETTER AFTER I LEFT."  
 -ANNE DANE

**TO BOOK WITH KATE, CALL (228) 769-3430 EXT. 1.**

Singing River Health System  
**Movement Medicine**

## Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday

To sign up for group-fitness classes, call (228) 471-1595.

## Location

Time	Monday	Tuesday	Wednesday	Thursday	Friday

AT RISK OF BEING CUT

NEW CLASS!

Text @srgfit to 81010 to be notified about class changes.