

SEPTEMBER 2025

Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a	GROUP POWER KATRINA		GROUP POWER KATRINA			8:00a	GROUP POWER
5:30a		GROUP BLAST KATRINA		GROUP BLAST KATRINA	GROUP CENTERGY SHANNON		06 - Isabel 13 - Isabel 20 - Isabel 27 - Isabel
8:00a		GROUP POWER ISABEL	GROUP fight TRACY	GROUP POWER ISABEL	GROUP BLAST KATRINA		
9:00a		GROUP CENTERGY ISABEL		GROUP CENTERGY ISABEL	Pilates/Barre ISABEL (9:15a)		
10:15a	ACTIVE & FIT ISABEL	Tai Chi beginner HENRY	ACTIVE & FIT ISABEL	Tai Chi beginner HENRY	Yoga Fit ISABEL		
10:45a		Tai Chi advanced HENRY		Tai Chi advanced HENRY			
							
4:30p	GROUP POWER KATRINA	GROUP CENTERGY ISABEL	Pilates/Barre ISABEL	GROUP CENTERGY ISABEL			
5:30p	GROUP SHINE KATRINA		GROUP POWER KATRINA				

Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a		GROUP AIDE SHANNON		GROUP AIDE SHANNON			
12:00p							
5:00p	GROUP AIDE SHANNON					9:00a	GROUP AIDE
							06 - Isabel 13 - Isabel 20 - Isabel 27 - Isabel

Class
Descriptions:



Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	AQUA FITNESS ISABEL		AQUA FITNESS ISABEL		AQUA FITNESS ISABEL	AT RISK OF BEING CUT
8:15a	AQUA FITNESS KATRINA				AQUA FITNESS ISABEL	NEW CLASS!
11:15a-12	AQUA ARTHRITIS ISABEL		AQUA ARTHRITIS LISA			
5:00p		AQUA FITNESS MORGAN		AQUA FITNESS MORGAN		

Please download the
Singing River Healthplex
phone-app,
so that we can notify you
about
class changes.