

MARCH 2026


Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a	GROUP POWER KATRINA		GROUP POWER KATRINA			8:00a	GROUP POWER
5:30a		GROUP BLAST KATRINA		GROUP BLAST KATRINA	GROUP CENTERGY SHANNON		07 - Isabel 14 - Isabel 21 - Isabel 28 - Isabel
8:00a		GROUP POWER ISABEL	GROUP fight TRACY	GROUP POWER ISABEL			
9:00a		GROUP CENTERGY ISABEL		GROUP CENTERGY ISABEL	Pilates/Barre ISABEL (9:15a)		
10:15a	ACTIVE & FIT ISABEL	Tai Chi advanced HENRY	ACTIVE & FIT ISABEL	Tai Chi advanced HENRY	Yoga Fit ISABEL		
10:45a		Tai Chi beginner HENRY		Tai Chi beginner HENRY			
4:30p	GROUP POWER KATRINA	GROUP CENTERGY ISABEL	Pilates/Barre ISABEL	GROUP CENTERGY ISABEL			
5:30p	SHINE KATRINA		GROUP POWER KATRINA				

Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a		GROUP AIDE SHANNON		GROUP AIDE SHANNON			
5:00p						9:00a	GROUP AIDE
							07 - Isabel 14 - Isabel 21 - Isabel 28 - 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 ISABEL	NEW CLASS!
10a-11a				WATER FITNESS Y.M.C.A.		Please download the Singing River Healthplex phone-app, so that we can notify you about class changes.
11:15a-12	AQUA ARTHRITIS ISABEL		AQUA ARTHRITIS LISA		WATER FITNESS Y.M.C.A.	