

MAY 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		02 - Katrina 09 - Isabel 16 - Isabel 23 - Isabel 30 - Katrina
8:00a		GROUP POWER ISABEL	GROUP fight TRACY	GROUP POWER ISABEL			
9:15a	ACTIVE & FIT CAYLEIGH	GROUP CENTERGY ISABEL	ACTIVE & FIT CAYLEIGH	GROUP CENTERGY ISABEL	Pilates/Barre ISABEL		
10:15a	ACTIVE & FIT ISABEL	Tai Chi advanced HENRY	ACTIVE & FIT ISABEL	Tai Chi advanced HENRY	Yoga Fit ISABEL		
11:00a		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			
						9:00a	GROUP AIDE
							02 - NO CLASS 09 - Isabel 16 - Isabel 23 - Isabel 30 - NO CLASS

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 CAYLEIGH		AQUA FITNESS CAYLEIGH		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. *while supplies last
11:15a-12	AQUA ARTHRITIS CAYLEIGH		AQUA ARTHRITIS CAYLEIGH			
12:00p					WATER FITNESS Y.M.C.A.	
5:00p				AQUA FITNESS KATE		