

# JUNE 2026

## Main Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
5:15a	<b>GROUP POWER</b> KATRINA		<b>GROUP POWER</b> KATRINA			8:00a	<b>GROUP POWER</b>
5:30a		<b>GROUP BLAST</b> KATRINA		<b>GROUP BLAST</b> KATRINA	<b>GROUP CENTERGY</b> SHANNON		06 - Isabel 13 - Isabel 20 - Isabel 27 - Isabel
8:00a	<b>Pilates/Barre</b> ISABEL	<b>GROUP POWER</b> ISABEL	<b>GROUP fight</b> TRACY	<b>GROUP POWER</b> ISABEL			
9:15a	<b>ACTIVE &amp; FIT</b> CAYLEIGH	<b>GROUP CENTERGY</b> ISABEL	<b>ACTIVE &amp; FIT</b> CAYLEIGH	<b>GROUP CENTERGY</b> ISABEL	<b>Pilates/Barre</b> ISABEL		
10:15a	<b>ACTIVE &amp; FIT</b> ISABEL	<b>Tai Chi advanced</b> HENRY	<b>ACTIVE &amp; FIT</b> ISABEL	<b>Tai Chi advanced</b> HENRY	<b>Yoga Fit</b> ISABEL		
11:00a		<b>Tai Chi beginner</b> HENRY		<b>Tai Chi beginner</b> HENRY			
4:30p	<b>GROUP POWER</b> KATRINA	<b>GROUP CENTERGY</b> ISABEL	<b>Pilates/Barre</b> ISABEL	<b>GROUP CENTERGY</b> ISABEL			
5:30p			<b>GROUP POWER</b> KATRINA				



**HAPPY FATHER'S DAY**  
*You Deserve It.*  
Relax. Recharge. You've Earned It.

**FATHER'S DAY SPECIAL**

**\$10 OFF**  
ANY 60 OR 90 MINUTE MASSAGE THERAPY SESSION

MASSAGE THERAPY at Singing River Healthplex  
The perfect gift for Dad—or yourself!

**BE THE DAD**  
THAT TAKES CARE OF EVERYONE ELSE

OFFER EXPIRES JUNE 21<sup>ST</sup>  
Don't wait—treat Dad today!


(228) 769-3430

Some restrictions may apply. See front desk for details.

## Spin Room

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:15a		<b>GROUP HIIE</b> SHANNON		<b>GROUP HIIE</b> SHANNON			
						9:00a	<b>GROUP CENTERGY</b>
							06 - Isabel 13 - Isabel 20 - Isabel 27 - Isabel

Class Descriptions:



## Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
7:00a	<b>AQUA FITNESS</b> ISABEL		<b>AQUA FITNESS</b> ISABEL		<b>AQUA FITNESS</b> ISABEL	<b>AT RISK OF BEING CUT</b>
8:15a	<b>AQUA FITNESS</b> CAYLEIGH		<b>AQUA FITNESS</b> CAYLEIGH		<b>AQUA FITNESS</b> ISABEL	<b>NEW CLASS!</b>
11:15a-12	<b>AQUA ARTHRITIS</b> CAYLEIGH		<b>AQUA ARTHRITIS</b> CAYLEIGH			Please download the Singing River Healthplex phone-app, so that we can notify you about class changes.
5:00p				<b>AQUA FITNESS</b> KATE		