

RAYMOND J. BORDER FITNESS CENTER Weekly Group Training Schedule



JUNE 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
07:00					Cycling Class 07:00-08:00
08:00					
09:00	ZUMBA! 08:30-09:30 STARTS MAY 19		ZUMBA! 08:30-09:30 STARTS MAY 21		
10:00			Fitness on Paddle Board 09:30-10:30		
11:00					
12:00					
13:00					
14:00					
15:00					
16:00	Basic Yoga 16:00-17:00	Step Aerobics Class 16:00-17:00	Basic Yoga 16:00-17:00	Step Aerobics Class 16:00-17:00	
17:00	Step Aerobics 17:00-18:00	ZUMBA! 17:00-18:00 STARTS MAY 20	HIIT Class 17:00-18:00		
18:00	Pedal & Pump 17:00-18:00				KICKBOXING 17:00-18:00
19:00	Pilates 18:00-19:00		Surrender Yoga 18:00-19:00		

All classes require a minimum participation of at least three people.
Pre-registration is required for classes. Classes are not available during holidays.
Aquatic classes may be canceled due to weather conditions.

Questions? Call 228-871-2668

NOW INTRODUCING: ZUMBA! MON & WED 08:30 - 09:30
TUES 17:00 - 18:00

RAYMOND J. BORDER FITNESS CENTER

Weekly Group Class Descriptions



Cycling Class

A high-cardio ride combining speed, resistance, and body movement for a full challenge. Whether you're an experienced cyclist or a beginner, this class is designed to be accessible and effective for all fitness levels.

Instructor: Lauren Berry

Class Time: 45 Minutes

Class Participation: Max 13 | Min 3

Fitness on Paddle Board

Fun bodyweight workout on the water with a stand-up paddle board. This water-based workout is designed to increase strength, endurance, and balance in the legs, hips, core muscles, and back.

Instructor: Tatsiana Sanders

Class Time: 45 Minutes

Class Participation: Max 6 | Min 3

Step Aerobics Class

Join us for Step Aerobics, the high-energy workout that combines cardio, rhythm, and fun! Whether you're looking for a heart-pumping challenge or a low-impact burn, this class has you covered. Easy-to-follow moves, great music, and an upbeat vibe will keep you stepping strong.

Instructor: Alesha Pickens

Class Time: 45 Minutes

Class Participation: Max 15 | Min 3

ZUMBA!

A fun, high-energy dance workout with Latin and international rhythms. Great for all fitness levels!

Instructor: Stephanie Scott

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Basic Yoga

If you are new to yoga or an experienced yogi, this class is for anyone interested in working on their balance, stretching, and using your mind, body, and breath to help you through a sequence and flow. You will be given physical and verbal cues, as well as modifications if needed, so even the most beginner yogi can benefit!

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

HIIT Class

High Intensity Interval Training will get your heart rate and calorie burn up through weighted movements and cardio exercises. It will alternate between high intensity movements to increase the heart rate followed by short periods of lower intensity. We will focus on whole body workout using low-impact cardio and weight exercises.

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Cardio Kickboxing

A high-energy, no-contact beginner kickboxing workout with MMA, Muay Thai, and boxing influences. No gear needed—just bring your energy!

Instructor: Corinne Klein

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Surrender Yoga

In this class we will focus on restorative and yin yoga poses. Restorative is more of a relaxation mindset and yin yoga focuses on deep stretching. Each pose will be held for 3-5 minutes. This class will focus on stretching, mindfulness, and relaxation. Feeling tight or sore, overwhelmed and tired, want to work on your flexibility? This class is for you!

Instructor: Lauren Berry

Class Time: 50 Minutes

Pilates

The Pilates class offers a full-body workout, focusing on strengthening the core, improving flexibility, and enhancing posture. Each session is designed for all fitness levels, ensuring a challenging yet accessible experience. Join us to build strength, reduce stress, and achieve greater balance in both body and mind!

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Pedal & Pump

An energizing full body cycling workout that takes the traditional ride to the next level. This class combines cardio cycling with strength training using weights and props—designed to boost endurance, build muscle, and maximize your results in one dynamic session.

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 13 | Min 3

Questions? Call 228-871-2668

RAYMOND J. BORDER FITNESS CENTER

Weekly Group Class Descriptions



Cycling Class

A high-cardio ride combining speed, resistance, and body movement for a full challenge. Whether you're an experienced cyclist or a beginner, this class is designed to be accessible and effective for all fitness levels.

Instructor: Lauren Berry

Class Time: 45 Minutes

Class Participation: Max 13 | Min 3

Fitness on Paddle Board

Fun bodyweight workout on the water with a stand-up paddle board. This water-based workout is designed to increase strength, endurance, and balance in the legs, hips, core muscles, and back.

Instructor: Tatsiana Sanders

Class Time: 45 Minutes

Class Participation: Max 6 | Min 3

Step Aerobics Class

Join us for Step Aerobics, the high-energy workout that combines cardio, rhythm, and fun! Whether you're looking for a heart-pumping challenge or a low-impact burn, this class has you covered. Easy-to-follow moves, great music, and an upbeat vibe will keep you stepping strong.

Instructor: Alesha Pickens

Class Time: 45 Minutes

Class Participation: Max 15 | Min 3

ZUMBA!

A fun, high-energy dance workout with Latin and international rhythms. Great for all fitness levels!

Instructor: Stephanie Scott

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Basic Yoga

If you are new to yoga or an experienced yogi, this class is for anyone interested in working on their balance, stretching, and using your mind, body, and breath to help you through a sequence and flow. You will be given physical and verbal cues, as well as modifications if needed, so even the most beginner yogi can benefit!

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Swim Stroke Clinic

Physical conditioning swim class to build strength and stamina. Stroke refinement to prevent bad habits that you have. Advanced skills that are beyond basic swimming such as starts, turns, pullouts, proper breathing techniques, and other. Intensive instruction where students are given more 1-on-1 but in a group critique and guidance in a 30 min class.

Instructor: Katelyn Potts

Class Time: 30 Minutes

Class Participation: Max 15 | Min 3

HIIT Class

High Intensity Interval Training will get your heart rate and calorie burn up through weighted movements and cardio exercises. It will alternate between high intensity movements to increase the heart rate followed by short periods of lower intensity. We will focus on whole body workout using low-impact cardio and weight exercises.

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Cardio Kickboxing

A high-energy, no-contact beginner kickboxing workout with MMA, Muay Thai, and boxing influences. No gear needed—just bring your energy!

Instructor: Corinne Klein

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Surrender Yoga

In this class we will focus on restorative and yin yoga poses. Restorative is more of a relaxation mindset and yin yoga focuses on deep stretching. Each pose will be held for 3-5 minutes. This class will focus on stretching, mindfulness, and relaxation. Feeling tight or sore, overwhelmed and tired, want to work on your flexibility? This class is for you!

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 14 | Min 3

Pilates

The Pilates class offers a full-body workout, focusing on strengthening the core, improving flexibility, and enhancing posture. Each session is designed for all fitness levels, ensuring a challenging yet accessible experience. Join us to build strength, reduce stress, and achieve greater balance in both body and mind!

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 20 | Min 3

Pedal & Pump

An energizing full body cycling workout that takes the traditional ride to the next level. This class combines cardio cycling with strength training using weights and props—designed to boost endurance, build muscle, and maximize your results in one dynamic session.

Instructor: Lauren Berry

Class Time: 50 Minutes

Class Participation: Max 13 | Min 3

Questions? Call 228-871-2668

RAYMOND J. BORDER FITNESS CENTER

Weekly Group Training Schedule



MAY 2025

Monday

ZUMBA!
08:30-09:30
STARTS MAY 19

Basic Yoga
16:00-17:00

Step Aerobics Class
17:00-18:00

Pedal & Pump
17:00-18:00

Pilates
18:00-19:00

Tuesday

Step Aerobics Class
16:00-17:00

ZUMBA!
17:00-18:00
STARTS MAY 20

Wednesday

ZUMBA!
08:30-09:30
STARTS MAY 21

Fitness on Paddle Board
09:30-10:30

Basic Yoga
16:00-17:00

HIIT Class
17:00-18:00

Surrender Yoga
18:00-19:00

Thursday

Step Aerobics Class
16:00-17:00

Friday

Cycling Class
07:00-08:00

Swim Stroke Clinic
17:00-17:30

Cardio Kickboxing
17:00-18:00

All classes require a minimum participation of at least three people.

Pre-registration required for classes.
Questions? Call 228-871-2668

RAYMOND J. BORDER FITNESS CENTER Weekly Group Training Schedule



MAY 2025

Monday

ZUMBA!
08:30-09:30
STARTS MAY 19

Basic Yoga
16:00-17:00

**Step Aerobics
Class**
17:00-18:00

**Pedal &
Pump**
17:00-18:00

Pilates
18:00-19:00

Tuesday

**Step Aerobics
Class**
16:00-17:00

ZUMBA!
17:00-18:00
STARTS MAY 20

Wenesday

ZUMBA!
08:30-09:30
STARTS MAY 21

**Fitness on
Paddle Board**
09:30-10:30

Basic Yoga
16:00-17:00

HIIT Class
17:00-18:00

**Surrender
Yoga**
18:00-19:00

Thursday

**Step Aerobics
Class**
16:00-17:00

Friday

**Cycling
Class**
07:00-08:00

**Swim Stroke
Clinic**
17:00-17:30

**Cardio
Kickboxing**
17:00-18:00

All classes require a minimum participation of at least three people.

Pre-registration is required for classes.

Questions? Call 228-871-2668



RAYMOND J. BORDER
FITNESS CENTER

Group Training Classes