

# Gardendale Civic Center Group Fitness Schedule January 2021

## MONDAY

5:00am	<b>BodyPump</b>	Cherie
5:00am	<b>Spin</b>	Lisa
8:30am	<b>BodyPump</b>	Tiffany
10:45am	<b>BegAsh Yoga</b>	Peggy
12:15pm	<b>BodyPump- 45</b>	Candice
4:30pm	<b>Spin</b>	Robin
5:30pm	<b>BodyPump</b>	Katie
6:00pm	<b>Spin</b>	Alana
6:40pm	<b>Zumba</b>	Yolanda
7:45pm	<b>HIT- 30</b>	Robin

## THURSDAY

5:00am	<b>BodyFlow</b>	Amanda
8:30am	<b>Yoga</b>	Misty
8:30am	<b>Spin</b>	Christa
4:30pm	<b>Spin</b>	Robin
6:00pm	<b>Barre Above</b>	Julie
6:00pm	<b>Spin</b>	Christy
7:00pm	<b>Core- 30</b>	Team
7:30pm	<b>HIT- 30</b>	Team

Happy New Year!  
We are so glad you are here with us!

## TUESDAY

5:00am	<b>BodyFlow</b>	Amanda
8:00am	<b>Yoga</b>	Tom
8:30am	<b>Spin</b>	Christa
4:30pm	<b>Spin</b>	Robin
6:00pm	<b>Spin</b>	Alana/Robin
6:00pm	<b>Family Bootcamp</b>	Heather
6:00pm	<b>Zumba- 45</b>	Candace/Zay
7:00pm	<b>Core- 30</b>	Art
7:30pm	<b>HIT- 30</b>	Art

## FRIDAY

5:00am	<b>BodyPump</b>	Amanda
5:00am	<b>Spin</b>	Lisa
8:30am	<b>Bootcamp</b>	Alyssa
10:45am	<b>AshYin Yoga</b>	Peggy
12:15pm	<b>BodyPump- 45</b>	Candice

## SATURDAY

7:05am	<b>Spin</b>	Lisa
8:00am	<b>Spin</b>	Alana
8:00am	<b>Yoga</b>	Tom No class 1/2
9:15am	<b>Zumba</b>	Candace/Zay

## WEDNESDAY

5:00am	<b>BodyPump</b>	Cherie
5:00am	<b>Spin</b>	Lisa
8:30am	<b>Bootcamp</b>	Kelsey
9:45am	<b>Personal Fitness</b>	Lisa
11:00am	<b>Ashtanga</b>	Peggy
12:15pm	<b>BodyPump- 45</b>	Candice
5:30pm	<b>Yoga</b>	Amanda
6:30pm	<b>Zumba</b>	Alexis

### Payment options:

- \$3 per class
- \$30 card for 10 classes or \$60 card for 20 classes. Cards never expire.
- \$35 card for **UNLIMITED** classes for a month starting from purchase date.

A contract of GCC membership is not required to participate in group fitness classes.

### Group Fitness Manager Info:

Kelsey Hatcher  
205-694-9226  
kelseyhatcher1016@yahoo.com

All classes are 60 minutes  
unless indicated otherwise on  
schedule  
Instructors subject to change