


**GARDENDALE CIVIC CENTER
NOVEMBER 2019
GROUP FITNESS SCHEDULE**

GROUP FITNESS INFO:
Kelsey Hatcher
205-694-9226
kelseyhatcher1016@yahoo.com

GCC GROUP FITNESS SCHEDULE								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:00am	BODY PUMP Cherie	BODY FLOW Amanda	BODY PUMP Amanda	BODY FLOW Amanda	BODY PUMP Cherie			
5:00am	SPIN Lisa M.		SPIN Lisa M.		SPIN Lisa M.	7:05am	SPIN Lisa M.	
6:00am	BARRE ABOVE Julie					8:00am	SPIN Alana	
8:30am	BODY PUMP Beth	INTEGRATED YOGA Tom	BODY PUMP Christa	INTEGRATED YOGA Tom	BODY PUMP Christy	8:00am	PRACTICAL YOGA Tom	
8:30am		SPIN Christa (No class 11/5)		SPIN Christa (No class 11/7)		9:15am	ZUMBA Candace/Zay	
9:40am		H.I.I.T. Beth		H.I.I.T. Beth	BARRE ABOVE (Low Impact) Julie			
10:45am	BEGASH YOGA Peggy		(11:00) ASHTANGA YOGA Peggy		ASHYIN YOGA Peggy			
12:15pm	BODY PUMP Candice		BODY PUMP Candice					
3:45pm	PUMP CIRCUIT Robin		BODY PUMP EXPRESS Kelsey					
4:15pm					TABATA Robin			
4:30pm				ZUMBA Alexis		2:30pm		H.I.I.T. Art
4:30pm	SPIN Robin	SPIN Robin						
5:30pm	BODY PUMP Kelsey		YOGA Amanda: Nov 6,20 Tom: Nov 13,27		(5:45 PM) BODY FLOW Amanda			
6:00pm		CORE Art		BARRE ABOVE Julie				
6:00pm	SPIN Alana	SPIN Brittany		SPIN Robin	<div>Payment options: (A) \$3 per class. (B) Buy a \$30 card good for 10 classes or a \$60 card good for 20 classes. Cards never expire. (C) Buy a \$35 pass for unlimited classes for a month from the date of purchase. A contract or GCC membership is not required to participate in the group fitness classes.</div>			
6:30pm	(6:40 PM) ZUMBA Kendall	ZUMBA Candace/Zay	ZUMBA Yolanda					
6:30pm		H.I.I.T. Art	H.I.I.T. CYCLE (30 minutes) Christy					
7:00pm		(7:15 p.m.) BOXING CIRCUIT Heather		CORE Art				
7:30pm	(7:45 p.m.) H.I.I.T. Art			H.I.I.T. Art				
<div>The Civic Center will be closed on November 28 & 29 for Thanksgiving.</div>			<div>Scan with your QR code scanner to link to the "GCC Group Fitness" Facebook page:</div> <div></div>					

CLASS DESCRIPTIONS

LES MILLS ® CLASSES: Body Attack - A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. Body Combat - A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Body Flow - A low-intensity workout combining yoga, tai chi, and Pilates that builds flexibility and strength and leaves you feeling centered and calm. Body Pump - This workout challenges all of your major muscle groups while you squat, press, lift, and curl using free weights/plates, barbells, and an aerobic step program.

Barre Above® - Barre Above® is a totally unique approach to barre workouts as you've never seen them. Fusing the best of pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

Boxing Circuit - This 55-minute class combines basic boxing fundamentals, plyometrics, and high intensity interval training to boost your heart rate and burn some serious calories (600+ per class). It incorporates kickboxing techniques and fun combinations for a dynamic and explosive cardio workout. Because there are numerous options, it is perfect for all fitness levels. We provide the boxing gloves.

Core - 30-minute interval training core class. Work away unwanted belly fat while strengthening your back, legs, and butt, using your own body weight, Bosu balls, resistance bands, and more. It will challenge and strengthen your core. This program is great for balance, posture, and movements performed in everyday life. Good for beginners or intermediate.

H.I.I.T. - 30 minutes of High Intensity Interval Training. H.I.I.T. (pronounced "hit") is a cardio and strength workout that will burn fat fast, raise your metabolism, and increase your endurance. These 30 minutes will fly by as you are challenged in a fun group setting with great music and with trainers coaching you, encouraging you, and helping you get fast results.

H.I.I.T. Cycle - A 30-minute, high intensity, low impact spin class.

PiYo® - PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. PiYo isn't like standard Pilates and yoga classes: we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. You will burn serious calories at the same time as you lengthen and tone your muscles and increase your flexibility.

Spin - Class using a stationary exercise bicycle focusing on endurance, strength, intervals, high intensity, and recovery.

Step Circuit - A 30-minute classic cardio workout with low to high options that has lasted for years for a simple reason: It delivers results. The "step" is a raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.

Tabata - Similar to HIIT, except instead of varying interval lengths, it will always be 20 seconds of work and 10 seconds of rest. You will do bodyweight exercises, strength, sprints, etc.

Yoga - A system of physical postures and breathing techniques practiced in a calm, peaceful setting to promote strength, flexibility, and bodily well-being. AshTanga Yoga - A strong emphasis on building core strength, along with flexibility and balance, while linking movement with breath. This class will build through the primary series. AshYin Yoga - Will begin with the strength, power, and mindful movement of Ashtanga style asanas and end with the deep stretching and peaceful mind of Yin-style postures. BegAsh Yoga - Ashtanga Yoga is the father of modern power yoga. This class will be a modified beginner Ashtanga style, focusing on strength, power, and mindful movement. Integrated Yoga - A well-rounded interpretation of "Yoga at the gym." Built upon a foundation of integrating yoga into our daily lives. Made accessible to all. Staying connected to the lineage that has survived multiple millennia. Does NOT include chanting. completes our "workout triad" of strength training, cardio, and flexibility. Practical Yoga - The linking of body movement with breath and sequential movement that interlinks postures to form a continuous flow, vinyasa is a sequence of movements used to transition between sustained postures.

Zumba® - An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed to music, often Latin American dance music.