

Gardendale Civic Center Group Fitness Schedule February 2020

MONDAY

5:00am	BodyPump	Cherie
5:00am	Spin	Lisa
6:00am	Barre Above	Julie
8:30am	BodyPump	Kelsey
10:45am	BegAsh Yoga	Peggy
12:15pm	BodyPump- 45	Candice
4:30pm	BodyFlow- 45	Alyssa
4:30pm	Spin	Robin
5:30pm	BodyPump	Tara
6:00pm	Spin	Alana
6:40pm	Zumba	Yolanda
7:45pm	HIIT- 30	Art

THURSDAY

5:00am	BodyFlow	Amanda
8:00am	HIIT- 30	Beth
8:30am	Yoga	Tom
8:30am	Spin	Christa
4:30pm	Spin	Robin
6:00pm	Barre Above	Julie
6:00pm	Spin	Robin
7:00pm	Core- 30	Art
7:30pm	HIIT- 30	Art

All classes are 60 minutes
unless indicated otherwise on schedule

TUESDAY

5:00am	BodyFlow	Amanda
8:00am	HIIT- 30	Beth
8:30am	Integrated Yoga	Tom
8:30am	Spin	Christa
4:30pm	Spin	Robin
6:00pm	Spin	Brittany
6:00pm	Core- 30	Art
6:30pm	Zumba- 45	Candace/Zay
6:30pm	HIIT- 30	Art
7:15pm	Boxing Circuit	Heather

FRIDAY

5:00am	BodyPump	Cherie
5:00am	Spin	Lisa
8:30am	BodyPump	Christy
9:40am	BarreAbove LowImpact	Julie
10:45am	AshYin Yoga	Peggy
12:15pm	BodyPump- 45	Candice
4:15pm	TABATA- 30	Robin
5:45pm	BodyFlow	Amanda

SATURDAY

7:05am	Spin	Lisa
8:00am	Spin	Alana
8:00am	Practical Yoga	Tom
9:15am	Zumba	Candace/Zay

WEDNESDAY

5:00am	BodyPump	Amanda
5:00am	Spin	Lisa
8:30am	BodyPump	Beth
11:00am	Ashtanga	Peggy
12:15pm	BodyPump- 45	Candice
4:30pm	BodyPump- 45	Alyssa
5:30pm	Yoga	Tom- 12th, 26th Amanda- 5th,
6:30pm	Zumba	Alexis
6:30pm	Sprint- 30	Christy

SUNDAY

2:00pm	Spin	Alana
2:30pm	HIIT- 30	Art

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:

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