

# Gardendale Civic Center Group Fitness Schedule August 2020

## MONDAY

|         |              |         |
|---------|--------------|---------|
| 5:00am  | BodyPump     | Cherie  |
| 5:00am  | Spin         | Lisa    |
| 8:30am  | BodyPump     | Tiffany |
| 9:30am  | StepCircuit  | Tiffany |
| 10:45am | BegAsh Yoga  | Peggy   |
| 12:15pm | BodyPump- 45 | Candice |
| 4:30pm  | Spin         | Robin   |
| 5:30pm  | BodyPump     | Tara    |
| 6:00pm  | Spin         | Alana   |
| 6:40pm  | Zumba        | Yolanda |
| 7:45pm  | HIT- 30      | Robin   |

## THURSDAY

|        |             |                |
|--------|-------------|----------------|
| 5:00am | BodyFlow    | Amanda         |
| 8:30am | Yoga        | Misty          |
| 8:30am | Spin        | Christa        |
| 4:30pm | Spin        | Robin          |
| 6:00pm | Barre Above | Julie          |
| 6:00pm | Spin        | Robin/Brittany |
| 7:00pm | Core- 30    | Art            |
| 7:30pm | HIT- 30     | Art            |

## TUESDAY

|        |                 |             |
|--------|-----------------|-------------|
| 5:00am | BodyFlow        | Amanda      |
| 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 | HIT- 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 |

## SATURDAY

|        |       |   |
|--------|-------|---|
| 7:05am | Spin  | Lisa                                      |
| 8:00am | Yoga  | Tom 12th, 26th<br>Amanda<br>1st,15th,29th |
| 8:00am | Spin  | Alana                                     |
| 9:15am | Zumba | Candace/Zay                               |

## WEDNESDAY

|         |          |                                   |
|---------|----------|-----------------------------------|
| 5:00am  | BodyPump | Amanda                            |
| 5:00am  | Spin     | Lisa                              |
| 8:30am  | BodyPump | Kelsey                            |
| 11:00am | Ashtanga | Peggy                             |
| 4:30pm  | BodyPump | Tara                              |
| 5:30pm  | Yoga     | Tom 12th, 26th<br>Amanda 5th,19th |
| 6:30pm  | Zumba    | 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

All classes are 60 minutes unless indicated otherwise on schedule

Instructors subject to change