

# Gardendale Civic Center Group Fitness Schedule September 2020

## MONDAY

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

## THURSDAY

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

## TUESDAY

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

## FRIDAY

5:00am	<b>BodyPump</b>	Cherie
5:00am	Spin	Lisa
8:30am	<b>BodyPump</b>	Christy
9:40am	<b>BarreAbove LowImpact</b>	Julie
10:45am	<b>AshYin Yoga</b>	Peggy
12:15pm	<b>BodyPump- 45</b>	Candice

## SATURDAY

7:05am	Spin	Lisa
8:00am	<b>Yoga</b>	Tom 5th, 19th Amanda 12th, 26th
8:00am	Spin	Alana
9:15am	Zumba	Candace/Zay

## WEDNESDAY

5:00am	<b>BodyPump</b>	Amanda
5:00am	Spin	Lisa
8:30am	<b>Bootcamp</b>	Kelsey
11:00am	<b>Ashtanga</b>	Peggy
4:30pm	<b>BodyPump</b>	Tara
5:30pm	<b>Yoga</b>	Tom 9th, 23th Amanda 2nd, 16th, 30th
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