

GARDENDALE CIVIC CENTER

MAY 2015 GROUP FITNESS SCHEDULE

GROUP FITNESS INFO:
Lisa Sims
205-223-5472
lisasims5950@gmail.com

Time	Monday **	Tuesday	Wednesday	Thursday	Friday		Time	Saturday	Sunday
5:00am	BODY PUMP Cherie Brake	KARATE CARDIO Roman Locklear	BODY PUMP Cherie Brake	KARATE CARDIO Roman Locklear	BODY PUMP Cherie Brake		8:00am	VINYASA YOGA Tom White	CLOSED <i>(Open 1-5 pm on Sundays)</i>
5:00am	SPIN Lisa Mann		SPIN Lisa Mann		SPIN Lisa Mann		8:00am	SPIN PC-2,23 BS-9,30 LM-16	
8:30am	BODY PUMP JK-4,18 EP-11 25**	VINYASA YOGA Tom White	BODY PUMP EP-6 KD-13,20,27	VINYASA YOGA Tom White	BODY PUMP Kelsey Dodd		9:15am	ZUMBA Candace & Zay	
8:30am		SPIN Alana White		SPIN Alana White					
9:30am	BODY FLOW Brianna Bolden		BODY FLOW Kelsey Dodd		BODY FLOW Brianna Bolden		10:30am	H.I.I.T. Amy & Freedom	
9:30am					SPIN Alana White				
11:45am			YOGA FITNESS Lisa Sims		YOGA FITNESS Lisa Sims		11:30am	BALLROOM DANCE (\$5.00)	
12:30pm	YOGA Peggy Eddington						12:30pm	This month: CHA CHA	
3:45pm		SPIN Alana White		SPIN Alana White			1:30pm	11:30 - Beginner 12:30 - Advanced 1:30 - Ages 10-18	
3:45pm		BODY PUMP EXPRESS - Kelsey D.		BODY PUMP EXPRESS - Jennifer K.			1:45pm		
4:00pm					BEGINNER H.I.I.T. Amy Thompson		2:00pm		
4:30pm	BODY FLOW Alyssa Tucker	SELF-DEFENSE Roman Locklear	BODY FLOW Alyssa Tucker	H.I.I.T. (4:45pm) Amy Thompson	BODY FLOW * Alyssa Tucker		2:30pm		
5:30pm	BODY PUMP EP-4 AT-11,18 25**	BEGINNER H.I.I.T. Amy & Freedom	H.I.I.T. Amy & Freedom	VINYASA YOGA Tom White			3:00pm		
6:00pm		ABS-olute CORE Amy & Freedom	ABS-olute CORE Amy & Freedom				4:00pm		
6:00pm	YOGA * Peggy Eddington	YOGA * Peggy Eddington			* At Amphitheater	** Closed on May 25 for Memorial Day			
6:00pm	SPIN Pam Campbell	SPIN Brittany Smith		SPIN Brittany Smith	\$3 per class. Civic Center membership not required. You can pay cash for each class ... or ... Buy a \$30 card good for 10 classes or a \$60 card good for 20 classes. All classes last 1 hour (Except H.I.I.T. & Core - 30 minutes and Body Pump Express - 45 minutes)				
6:30pm	ZUMBA Yolanda Banks	H.I.I.T. Art Young	ZUMBA Kendall Johnson	BODY PUMP Freedom Whitworth					
7:00pm		BOXING CIRCUIT Heather Lebischak							
7:30pm	H.I.I.T. Art Young		YOGA Peggy Eddington	H.I.I.T. Art Young	CHILDCARE available starting May 11 for classes highlighted in gray. Cost: \$2.00 per child per class. \$1.00 for siblings.				
AT-Alyssa Tucker		DW-Daniel Walker	KD-Kelsey Dodd						
BS-Brittany Smith		EP-Emily Pugh	LM-Lisa Mann						
CB-Cherie Brake		JK-Jennifer Keef	PC-Pam Campbell						
					*** BOOT CAMP *** Firm Body Boot Camps are held every Mon, Tues, and Thurs at 5:30 a.m., 8:15 a.m., and 5:30 p.m. and every Sat at 7:15 a.m. Info: Romen McDonald (205-835-9770).				