

GARDENDALE CIVIC CENTER

OCTOBER 2015 GROUP FITNESS SCHEDULE

GROUP FITNESS INFO:
Tiffany Gospodareck
205-907-9170
tiffanygospodareck@yahoo.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday		Time	Saturday	Sunday
5:00am	BODY PUMP Cherie Brake		BODY PUMP Cherie Brake		BODY PUMP Cherie Brake		8:00am	VINYASA YOGA Tom White	CLOSED <i>(Open 1-5 p.m. on Sundays)</i>
5:00am	SPIN Lisa Mann		SPIN Lisa Mann		SPIN Lisa Mann		8:00am	SPIN TG-3 BS-10,31 PC-17 LM-24	
8:30am	BODY PUMP EP-5,12 AT-19,26	VINYASA YOGA Tom White	BODY PUMP Jennifer Keef	YOGA Tom White	BODY PUMP JK-2,16,30 AT-9,23				
8:30am		SPIN Alana White		SPIN Alana White			9:15am	ZUMBA Candace & Zay	
9:30am	H.I.I.T. Erica Singletary				H.I.I.T. Erica Singletary		10:30am	H.I.I.T. Team	
See Day	YOGA (11:00) Peggy Eddington				YOGA (10:45) Peggy Eddington		11:30am Beginner Adult -----	BALLROOM DANCE This Month: TANGO (\$5 per person)	
11:45pm			YOGA FITNESS Lisa Sims		YOGA FITNESS Lisa Sims		12:30pm Intermediate & Advanced All Ages -----		
2:30pm			BEGINNER YOGA Peggy Eddington				1:30pm Beginner Ages 10-18		
3:30pm		BODY PUMP Kelli Higginbottom		BODY PUMP Kelli Higginbottom					
4:00pm					H.I.I.T. Amy Thompson				
4:30pm	BODY FLOW Brianna Bolden	KARATE Roman Locklear	BODY FLOW Alyssa Tucker	H.I.I.T. Erica Singletary					
4:30pm	SPIN Robin Hill		SPIN Robin Hill				1:45pm	BODY PUMP EXPRESS Kelli Higginbottom SPIN Alana White H.I.I.T. Art Young	
5:00pm				CORE Erica Singletary			2:00pm		
5:30pm	BODY PUMP Kelsey Dodd	H.I.I.T. Amy Thompson	H.I.I.T. Amy Thompson	VINYASA YOGA Tom White			2:30pm		
6:00pm		ABS-olute CORE Erica Singletary	TASK TRAINING Amy Thompson		<i>Supervised CHILDCARE is available for the classes in gray. Cost: \$2.00 per child per class. \$1.00 for siblings of 1st child.</i>				
6:00pm	SPIN Pam Campbell	SPIN Brittany Smith		SPIN Brittany Smith	<ul style="list-style-type: none">\$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, and Task Training (30 minutes) and Body Pump Express (45 minutes).				
6:30pm	ZUMBA Yolanda Banks	H.I.I.T. Art Young	ZUMBA Candace & Zay	BODY PUMP Kelsey Dodd					
6:30pm		OUTDOOR YOGA Peggy Eddington							
7:00pm		BOXING CIRCUIT Heather Lebischak	SPIN Pam Campbell						
7:30pm	H.I.I.T. Art Young		YOGA Peggy Eddington	H.I.I.T. Art Young					

AT-Alyssa Tucker
BS-Brittany Smith
EP-Emily Pugh
JK-Jennifer Keef

LM-Lisa Mann
PC-Pam Campbell
TG-Tiffany Gospodareck

*** **BOOT CAMP** ***

"Squad Fitness" boot camps are held every Mon, Tues, and Thurs at 5:30am, 8:15am, & 5:30pm and every Saturday at 7:15am. Call or text Romen McDonald (205-835-9770) for more information.