

# GARDENDALE CIVIC CENTER

## JULY 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	<b>CLOSED</b>  <i>(Open 1-5 pm on Sundays)</i>
5:00am	SPIN Lisa Mann		SPIN Lisa Mann		SPIN Lisa Mann		8:00am	SPIN PC-11 BS-18 LM-25	
8:30am	BODY PUMP ??-6 AT-13 EP-20,27	VINYASA YOGA Tom White	BODY PUMP Kelsey Dodd	YOGA Daniel Walker	BODY PUMP JK-3,10 KD-17,24,31		9:15am	ZUMBA Candace & Zay	
8:30am		SPIN Alana White		SPIN Alana White					
9:30am			BODY FLOW Kelsey Dodd		BODY FLOW Kelsey Dodd		10:30am	H.I.I.T. Amy Thompson	
11:45am			YOGA FITNESS Lisa Sims		YOGA FITNESS Lisa Sims			BALLROOM DANCE No classes in June and July.	
12:30pm	YOGA Peggy Eddington								
2:30pm			BEGINNER YOGA Peggy Eddington						
3:45pm	SPIN Robin Hill	SPIN Alana White	SPIN - Robin Hill (No class: 1st & 22nd)	SPIN Alana White			1:45pm		
4:00pm					BEGINNER H.I.I.T. Amy Thompson		2:00pm		
4:30pm	BODY FLOW Alyssa Tucker	KARATE Roman Locklear	BODY FLOW Alyssa Tucker	H.I.I.T. (4:45pm) Erica Singletary	BODY FLOW Kelsey Dodd		2:30pm		
5:30pm	BODY PUMP Alyssa Tucker	BEGINNER H.I.I.T. Amy Thompson	H.I.I.T. Amy Thompson	VINYASA YOGA Tom White			3:30pm		
6:00pm		ABS-olute CORE Amy Thompson	TASK TRAINING Amy Thompson						
6:00pm	SPIN Pam Campbell	SPIN Brittany Smith		SPIN Brittany Smith	<b>** No classes on Saturday, July 4 **</b>				
6:30pm	BOXING CIRCUIT Heather Lebischak	H.I.I.T. Art Young	ZUMBA Candace & Zay	BODY PUMP Alyssa Tucker	<b>\$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.</b>  <b>All classes last 1 hour except H.I.I.T., Core, and Task Training (30 minutes) and Body Pump Express (45 minutes).</b>				
7:00pm		ZUMBA Yolanda Banks							
7:30pm	H.I.I.T. Art Young		YOGA Peggy Eddington	H.I.I.T. Art Young					
<b>Supervised CHILDCARE is available for the classes highlighted in gray. Cost: \$2.00 per child per class. \$1.00 for siblings of 1st child.</b>									

**AT-Alyssa Tucker**      **EP-Emily Pugh**  
**BS-Brittany Smith**      **JK-Jennifer Keef**      **LM-Lisa Mann**  
**CB-Cherie Brake**      **KD-Kelsey Dodd**      **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).*