

GARDENDALE CIVIC CENTER

APRIL 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 Apr. 4 & 25-Lisa 11-Pam 18-Brittany	
8:30am	BODY PUMP Apr. 6 & 20-Alyssa 13 & 27-Jennifer	VINYASA YOGA Tom White	BODY PUMP 1-Kelsey 8,15,22-Freedom 29-Emily	VINYASA YOGA Tom White	BODY PUMP Kelsey Dodd	9:15am	ZUMBA Candace & Zay	
9:30am					SPIN Alana White	10:30am	H.I.I.T. Freedom & Amy	
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: TANGO	
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		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 Apr. 6 & 27-Emily 13-Alyssa 20-Jennifer	BEGINNER H.I.I.T. Amy & Freedom	H.I.I.T. Amy & Freedom	VINYASA YOGA Tom White		3:00pm		BODY PUMP EXPRESS 5-Closed, 12-Jennifer, 19-Alyssa, 26-Emily
6:00pm		ABS-olute CORE Amy & Freedom	ABS-olute CORE Amy & Freedom			4:00pm		SPIN Alana White
6:00pm	YOGA * Daniel Walker	YOGA * Peggy Eddington			<i>* Outside under the Amphitheater (weather permitting)</i> \$3 per class. Civic Center membership not required. <i>You can pay cash for each class ... or ... Buy a \$30 card good for 10 classes or a \$60 card good for 20 classes.</i> <i>All classes last 1 hour</i> <i>(Except H.I.I.T. & Core - 30 minutes and Body Pump Express - 45 minutes)</i>			
6:00pm	SPIN Pam Campbell	SPIN Brittany Smith		SPIN Brittany Smith				
6:30pm	ZUMBA Yolanda Banks	H.I.I.T. Art Young	ZUMBA Kendall Johnson	BODY PUMP Freedom Whitworth				
7:00pm		BOXING CIRCUIT Heather Lebeschak						
7:30pm	H.I.I.T. Art Young		YOGA Peggy Eddington	H.I.I.T. Art Young				

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

Firm Body Boot Camps are held every Monday, Tuesday, and Thursday at 5:30 a.m., 8:15 a.m., and 5:30 p.m. and every Saturday at 7:15 a.m. Contact Romen McDonald (205-835-9770) for more info.