

GARDENDALE CIVIC CENTER

FEBRUARY 2015 GROUP FITNESS SCHEDULE

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 (Open 1-5 pm on Sundays)
5:00am	SPIN Lisa Mann		SPIN Lisa Mann	SPIN Lisa Mann	SPIN Lisa Mann		8:00am	SPIN Feb. 7 & 28: Pam 14:Brittany 21:Lisa	
8:30am	BODY PUMP Feb. 2 & 16: Alyssa Feb. 9 & 23: Freedom	VINYASA YOGA Tom White	BODY PUMP Freedom Whitworth	VINYASA YOGA Tom White	BODY PUMP Kelsey Taylor		9:15am	ZUMBA Team	
1:00pm	CORE YOGA Daniel Walker		CORE YOGA Daniel Walker				10:30am	H.I.I.T. Freedom & Amy	
1:45pm		G.H.S. CHEER Freedom Whitworth		G.H.S. CHEER Freedom Whitworth			11:30am	BALLROOM (Beginner) (\$5)	
3:45pm		SPIN Alana White		SPIN Alana White			12:30pm	BALLROOM (Advanced) (\$5)	
4:00pm					BEGINNER H.I.I.T. Amy Thompson		1:30pm	BALLROOM (Ages 10-18) (\$5)	
4:30pm	BODY FLOW Alyssa Tucker	BODY PUMP Kelsey Taylor	BODY FLOW Alyssa Tucker	H.I.I.T. (4:45pm) Amy Thompson	BODY FLOW Alyssa Tucker		1:45pm		BODY PUMP EXPRESS-Freedom
5:30pm	BODY PUMP Feb. 2 & 16: Freedom Feb. 9 & 23: Alyssa	BEGINNER H.I.I.T. Amy / Freedom	H.I.I.T. (5:45pm) Amy Thompson	VINYASA YOGA Tom White			2:00pm		SPIN Alana White
6:00pm		CORE Amy / Freedom					2:30pm		H.I.I.T. Art Young
6:00pm	SPIN Pam Campbell	SPIN Brittany Smith		SPIN Brittany Smith			3:00pm		ZUMBA TONING Yolanda Banks
6:30pm	ZUMBA Yolanda Banks	H.I.I.T. Art Young	ZUMBA Kendall Johnson	BODY PUMP Freedom W.			4:00pm		BEGINNER YOGA Feb. 1-Lisa, 8-Tom, 15-Daniel, 22-Alyssa
7:00pm		BOXING CIRCUIT Heather Lebischak			\$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. H.I.I.T. classes - 30 minutes. All others - Hour.				
7:30pm	H.I.I.T. Art Young			H.I.I.T. Art Young					
8:00pm	YOGA Peggy Eddington	YOGA Peggy Eddington		CORE YOGA Daniel Walker					

!!! 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 (romen@firmbodybootcamps.com) for more info.

**GROUP
FITNESS
INFO:
205-223-5472**

!!! VIRTUAL !!!

You can take "Virtual" classes anytime a live-instructor class isn't scheduled. These professionally produced videos feature the best of the best Les Mills® instructors. Available programs are Body Pump, Body Flow, Body Combat, CXWorks, and Sh'bam. Come by yourself or bring some friends!

CLASS DESCRIPTIONS

Body Challenge - Take muscular endurance to new heights. Challenge yourself using moves such as in Body Pump, but adding exercises that go beyond the squat or shoulder press. All fitness levels welcomed. Options are provided and encouraged when you feel you need a break. This is not a Les Mills class, but if you love Body Pump, you'll love Body Challenge.

Body Flow - This LES MILLS program is a low-intensity workout combining yoga, tai chi, and Pilates that builds flexibility and strength and leaves you feeling centered and calm. Visit www.lesmills.com for more details.

Body Pump - This LES MILLS program challenges all of your major muscle groups while you squat, press, lift, and curl using free weights/plates, barbells, and an aerobic step program. Visit www.lesmills.com for more details

Kickboxing - Cardio workout that engages muscle groups throughout the body through a combination of movements inspired by the kickboxing sport such as jabs, squats, punches, kicks, etc.

Spin / Cycling - Class using a stationary exercise bicycle focusing on endurance, strength, intervals, high intensity, and recovery.

Vinyasa Yoga - Defined as (a) the linking of body movement with breath and (b) sequential movement that interlinks postures to form a continuous flow, vinyasa is a specific sequence of breath-synchronized movements used to transition between sustained postures.

Xtreme Spin - This high-intensity spin class incorporates extras like push ups and ab crunches on the bike as well as more standing than in many spin classes to get your day started in high gear.

Zumba - An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed to music, often Latin American dance music.

Zumba Step - A type of Zumba that incorporates step aerobics into the movements for additional cardio benefit.

Zumba Toning - A type of Zumba that uses lightweight, maraca-like toning sticks to enhance rhythm and tone the arms, abs, and thighs.

