

GARDENDALE CIVIC CENTER

MARCH 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		8:00am	SPIN Mar. 7 & 28-Brittany 14-Lisa 21-Pam	
8:30am	BODY PUMP Alyssa Tucker	VINYASA YOGA Tom White	BODY PUMP Freedom Whitworth	VINYASA YOGA Tom White	BODY PUMP Freedom / Kelsey		9:15am	ZUMBA Candace & Zay	
12:30pm	YOGA Peggy Eddington						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 DANCE (\$5.00)	
3:45pm		SPIN Alana White		SPIN Alana White			12:30pm	This month: MAMBO 11:30 - Beginner 12:30 - Advanced 1:30 - Ages 10-18	
4:00pm					BEGINNER H.I.I.T. Amy Thompson		1:30pm		
4:30pm	BODY FLOW Alyssa Tucker	BODY PUMP Kelsey Dodd	BODY FLOW Alyssa Tucker	H.I.I.T. (4:45pm) Amy Thompson	BODY FLOW Alyssa Tucker		1:45pm		BODY PUMP EXPRESS Freedom & Emily
5:30pm	BODY PUMP Freedom & Emily	BEGINNER H.I.I.T. Amy & Freedom	H.I.I.T. Amy & Freedom	VINYASA YOGA Tom White			2:00pm		SPIN Alana White
6:00pm		ABS-olute CORE Amy & Freedom	ABS-olute 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 1-Peggy, 8-Lisa, 15-Daniel, 22-Tom, 29-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		YOGA Peggy Eddington	H.I.I.T. Art Young					
8:00pm	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 cool 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!				