GROUP FITNESS March 2020

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **MON**  **2,9,16,23,30** | **TUES**  **3,10,17,24,31** | **WED**  **4,11,18,25** | **THURS**  **5,12,29,26** | **FRI**  **6,13,20,27** | **SAT**  **7,14,21,28** | **SUN**  **1,8,15,22,29** |
| **5:15AM** | **HIIT** Liz |  | **HIIT** Jake |  | **HIIT** James |  |  |
| **6:00AM** | **Cycle** Pam | **BODYPUMP Express** Elisha | **Cycle** Pam | **BODYPUMP Express** Elisha | **Cycle** Denise O |  |  |
| **8:00AM** | **Zumba** Holly | **HIIT** Maggie | **Zumba** Holly  Lonna 4 | **Barre** Liz | **Barre** Lonna |  |  |
| **8:30AM** |  |  |  |  |  | **Barre Nicole 7**  Stephanie 14,21 Alex 28 |  |
|  |  |  |  |  |  | **Cycle** Connie 7 Maggie 14, Julie 21 Lisa 28 |  |
| **9:00AM** | **20X3** Stephanie | **BODYPUMP** Sandra | **1,2 Step** Polly | **BODYPUMP** Pam | **Zumba** Holly  Lonna 6 |  |  |
| **Cycle** Sandra | **Cycle** Kim  Tami 4 | **Cycle** Denise O |
| **9:30AM** |  |  |  |  |  | **BODYPUMP** Connie 7, Lisa 14, 28, Denise T 21 |  |
| **10:00AM** | **Fitness Gold** Sandra | **Yoga JB**  **\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Cycle** Lisa | **Fitness Gold**  Billie Mc | **Pilates Pam**  **\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Cycle** Maggie | **Fitness Gold** Polly |  |  |
| **10:30AM** |  |  |  |  |  | **Zumba**  Tanieka |  |
| **11:00AM** | **Fitness Gold**  Carol  **Polly 2** | **Line Dance** Sandra | **Yoga** Billie C  Laurie 4,18 | **Fitness Gold** Sandra | **Yoga Stretch** Lori  Carol 27 |  |  |
| **12:00PM** | **Yoga Stretch**  Carol  Polly 2 |  |  |  |  |  |  |
| **12:45PM** |  | **Tai Chi** I James |  | **Tai Chi I** James |  |  |  |
| **1:45PM** |  | **Tai Chi II** Tracey |  | **Tai Chi II** Tracey |  |  |  |
| **2:00 PM** |  |  |  |  |  |  | **2PM Barre** Cheryl |
| **3:00PM** |  | **Tai Chi for Energy** Tracey |  | **Tai Chi for Energy** Tracey | **C:\Users\Pam\Downloads\Alcovy.jpg**  **Cycling classes meet upstairs in Cycle studio. All other classes meet in the group fitness room. Instructors and classes are subject to change. The first name listed is the primary instructor. Subsequent names are substitutes or alternating instructors as designated b** **y dates.** | | **3PM Yoga** Ann |
| **3PM Cycle**  Denise O 1,15,29, Cheryl 8,  Alex 22 |
| **4PM BODYPUMP** Denise O 1,15,29  Denise T 8,22 |
|  |
| **5:00PM** | **BODYPUMP**  Denise T 2,16,30  Billie Mc 9,23 | **Dance Fusion** Liz | **Zumba** Shakita | **BODYPUMP** Elizabeth |
| **530PM Boot Camp** Karen |
| **Cycle Cat** |  | **Cycle Alex** |
| **6:00PM** | **Barre** Liz  \_\_\_\_\_\_\_\_\_\_\_  **Cycle** Julie  Kim 9 | **BODYPUMP** Lisa | **Barre** Pam | **Cycle** Laura |  | |  |
| **Cycle**  Cheryl | **Zumba** Cat |
| **7:00PM** | **Pilates** Pam | **Zumba** Cat | **Bootcamp** Karen | **Bootcamp** Karen | [**www.alcovyfitness.com**](http://www.alcovyfitness.com)  **770-385-8550** | |  |
| **Cycle** Kayla | **Cycle** Maggie |