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| TIME | **MON**  **4,11,18,26** | **TUES**  **5,12,19,26** | **WED**  **6,13,20,27** | **THURS**  **7,14,21,28** | **FRI**  **1,8,15,22,29** | **SAT**  **2,9,16,23,30** | **SUN**  **3,10,17,24,31** |
| **5:15AM** |  | **BODYPUMP** Elisha | **HIIT** Janette | **BODYPUMP** Elisha |  |  |  |
| **6:00AM** | **Cycle** Pam |  | **Cycle** Pam |  | **Cycle** Maggie 1,15,29, Janette 8,22 |  |  |
| **8:00AM** | **Zumba** Brittany 4,18 Joy 11,26 | **HIIT** Christina E | **Zumba** Stephanie,  Joy/Brittany 20 | **Barre** Pam | **Barre**  Stephanie, Anna 29 |  |  |
| **8:30AM** |  |  |  |  |  | **Barre** Susan 2, Stephanie 9,23, Cheryl 16, Alex 30 |  |
| **Cycle** Connie 2, Pam 9, Jodi 16, Denise O 23, Janette 30 |
| **9:00AM** | **Barre** Stephanie, Anna 18 | **BODYPUMP** Pam, Sandra 19 | **1,2 Step** Polly | **BODYPUMP** Connie | **Zumba** Stephanie , Joy/Brittany 29 |  |  |
| **Cycle** Connie | **Cycle** Jodi | **Cycle** Sandra |
| **9:30AM** | **Water Works** Kathy | **Power Splash**  Lorraine | **Aqua Zumba**  Christina  **Power Splash** Cynthia 6 | **Power Splash** Kathy | **Water Works** Susan | **BODYPUMP** Elisha 2, Connie 9, Cynthia 16, Pam 23, Denise T 30 |  |
| **Water Works** Mattie 2,30, Cynthia 9  **Aqua Zumba** Christina C 16,23 |
| **10:00AM** | **Fitness Gold** Kellie |  | **Fitness Gold**  Polly | **Pilates** Pam | **Fitness Gold**  Polly |  |  |
| **10:15AM Line Dance** Sandra |
| **10:45AM Yoga** Susan 2, Charlet 9, Ale 16, 30, Pam 23 |
| **11:00AM** | **Yoga Stretch**  Ann | **Zumba** Joy 5,19, Brittany 12,26 | **Yoga** Pam 6,20  Ann 13, 27 | **Fitness Gold** Kellie | **Yoga Stretch** Ann |  |  |
| **2:00 PM** |  | **Tai Chi AFP** Laura |  | **Tai Chi The Next Step** Laura |  |  | **2PM Zumba** Charlet |
| **3:00PM** |  | **Tai Chi II** Robert |  | **Tai Chi II** John |  |  | **2PM Aqua Zumba** Christina 31  **WaterWorks** Carol 3, Lorraine 10,17, Billie 24 |
| **5:00PM** | **BODYPUMP**  Denise T | **Barre** Alex | **Cycle** Alex  **Zumba** Ebony | **BODYPUMP**  Rachel | Cycle Classes meet upstairs in our Cycle studio. All other group fitness classes meet in the group fitness studio. Aqua classes meet in the pool.  **Note:** Reserve your class slots in advance by calling 770-385-8550 or download our new scheduling app for your mobile device. With our new app “ClubReady Members” you can schedule 6 classes at a time! Our front desk staff is happy to assist you with our new app. | |
| **Cycle Jodi** |
| **6:00PM** | **Barre** Susan B | **BODYPUMP** Cynthia | **Barre** Pam | **Zumba** Cat 14,28, Jaida 7,21 |
| **Cycle** Janette | **Cycle** Jodi | **Cycle** Alex |
| **6:30PM** | **Power Splash**  Billie 11,18,25  Lori 4 | **Aqua Zumba**  Christina C  **Water Works** Kathy 5 | **Water Works**  Lorraine | **Power Splash** Susan |
| **7:00PM** | **Yoga** Pam | **Zumba** Cat | **BootCamp** Karen | **BootCamp** Karen | [www.alcovyfitness.com](http://www.alcovyfitness.com) | |  |

