|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **++ TIME** | **MON**  **5,12,19** | **TUES**  **6,13,20,27** | **WED**  **7,14,21,28** | **THURS**  **1,8,15,22,29** | **FRI**  **2,9,16.23,30** | **SAT**  **3,10,17,24,31** | **SUN**  **4,11,18,25** |
| **5:15AM** |  | **BODYPUMP** Elisha | **HIIT** Janette | **BODYPUMP** Elisha |  |  |  |
| **6:00AM** | **Cycle** Pam |  | **Cycle** Pam |  | **Cycle** Maggie 2,16,30 Janette 9,23 |  |  |
| **8:00AM** | **Zumba** Brittany 5,19 Joy 12,26 | **HIIT** Christina E  Janette 13 | **Zumba** Stephanie | **Barre** Pam  Susan B 1 | **Barre**  Stephanie |  |  |
| **8:30AM** |  |  |  |  |  | **Barre** Susan 3, Cheryl 10, Stephanie 17, Pam 24, Alex 31 |  |
| **Cycle** Connie 3, Pam 10, Denise O 17, 31, Jodi 24 |
| **9:00AM** | **Barre** Stephanie | **BODYPUMP** Pam, Sandra 20 | **1,2 Step** Polly | **BODYPUMP** Connie | **Zumba** Stephanie |  |  |
| **Cycle** Connie, Kim 5 | **Cycle** Jodi, Kim | **Cycle** Sandra |
| **9:30AM** | **Water Works** Kathy | **Power Splash**  Lorraine | **Aqua Zumba**  Christina | **Power Splash** Kathy | **Water Works** Susan, Cynthia 16 | **BODYPUMP** Connie 3, Cynthia 10, Pam 17, Elisha 24, Denise T 31 |  |
| **Water Works** Mattie 3,31, Cynthia 17  **Aqua Zumba** Christina C 10,24 |
| **10:00AM** | **Fitness Gold** Kellie |  | **Fitness Gold**  Polly | **Pilates** Pam  Billie Mc 1 | **Fitness Gold**  Polly, Carol 2 |  |  |
| **10:15AM Line Dance** Sandra |
| **10:45AM Yoga** Susan 3, Pam 10, Alex 17,31, Charlet 24 |
| **11:00AM** | **Yoga Stretch**  Ann | **Zumba** Joy 6,20 Brittany 13,27 | **Yoga** Ann 7,21,  Pam 14,28 | **Fitness Gold** Kellie | **Yoga Stretch** Ann |  |  |
| **2:00 PM** |  | **Tai Chi**  **AFP** Laura |  | **Tai Chi: The Next Step**  Laura |  |  | |  | | --- | | **2PM Zumba** Veronica  **2PM Aqua Zumba**  Christina 4,25  **WaterWork**s Carol 18 | |
| **3:00PM** |  | **Tai Chi II** Robert |  | **Tai Chi II** John, Paula 8 |  |  |  |
| **5:00PM** | **BODYPUMP**  Denise T, Rachel 12 | **Barre** Alex | **Cycle** Alex  **Zumba** Ebony | **BODYPUMP**  Rachel, Denise T 10 | 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.  [www.alcovyfitness.com](http://www.alcovyfitness.com)  Please note: There are NO group fitness classes on Sun., May 11. Enjoy your Mother’s Day! | |
| **Cycle Jodi** |
| **6:00PM** | **Barre** Susan B | **BODYPUMP** Cynthia | **Barre** Pam | **Zumba** Jaida 1,15,29, Cat 8,22 |
| **Cycle** Janette | **Cycle** Jodi, Alex | **Cycle** Alex |
| **6:30PM** | **Power Splash**  Billie | **Aqua Zumba**  Christina C | **Water Works**  Lorraine | **Power Splash** Susan, Cynthia 15 |
| **7:00PM** | **Yoga** Pam | **Zumba** Cat | **BootCamp** Karen | **BootCamp** Karen |  | |  |

