



GROUP & AQUA FITNESS



May 2022

TIME	MON 2,9,16,23	TUES 3,10,17,24,31	WED 4,11,18,25	THURS 5,12,19,26	FRI 6,13,20,27	SAT 7,14,21,28	SUN 1,15,22,29
5:15AM	HIIT Liz, Elisha 16	BODYPUMP Elisha	HIIT Elisha	BODYPUMP Elisha			
6:00AM	Cycle Pam		Cycle Pam		Cycle Denise O		
8:00AM	Zumba Joy 2,16 Brittany 9,23	HIIT Liz, Jake 31	Zumba Stephanie	Barre Liz, Pam 19	Barre Stephanie, Lonna 6		
8:30AM						Barre Liz 7, Pam 14, Stephanie 21, Alex 28 Cycle Connie 7, Julie 14, Maggie 21, Pam 28	
9:00AM	Barre Stephanie Cycle Connie	BODYPUMP Pam	1,2 Step Polly, Denise 25 Cycle Kim	BODYPUMP Connie	Zumba Stephanie, Lonna 6 Cycle Elisha		
9:30AM	Water Works Kathy	Power Splash Lorraine	Aqua Zumba Christina	Power Splash Kathy	Water Works Susan	BODYPUMP Connie 7, Denise T 14, Elisha 21,28 Water Works Mattie 7,28, Beth 21 Aqua Zumba Christina 14	
10:00AM	Fitness Gold Kellie	Cycle Cheryl 10:15AM Line Dance Liz, Sandra 31	Fitness Gold Polly, Billie 25	Pilates Pam Cycle Denise O	Fitness Gold Polly, Sandra 20, Billie 27	10:45AM Yoga Alex 7, Ann 14,28, Jenn 21	
11:00AM	Yoga Stretch Ann	Zumba Liz, Brittany 31	Yoga Stephanie	Fitness Gold Kellie	Yoga Stretch Ann		
2:00 PM		Tai Chi Tracey, Robert 31					
3:00P		Tai Chi for Energy Tracey, Robert 31		Tai Chi for Energy Tracey			2PM Barre Alex, Stephanie 1 2PM Water Works Beth 1, 22, Billie 15, 29 3PM Yoga Ann 3PM Cycle Denise O 1, Sarah 15, Elisha 22, Alex 29
5:00PM	BODYPUMP Denise T Cycle Kim	Barre Cheryl	Cycle Alex Zumba Toning Shakita, Zumba Cat 25	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.		Please note there will be no scheduled group fitness classes on Mother's Day, Sunday May 8 th . Enjoy your day and love your mom!
6:00PM	Barre Liz Cycle Julie	BODYPUMP Connie Cycle Cheryl	Barre Pam	Zumba Cat Cycle Alex	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. We will have a special class schedule for Memorial Day, May 30. Stay tuned! Gym will be open 8AM-2PM. Enjoy your time with your family!		
6:30PM	Power Splash Lori	Aqua Zumba Christina	Water Works Lorraine 4,18 Mattie 11,25	Power Splash Susan			
7:00PM	Yoga Pam	Zumba Cat Cycle Sarah	Bootcamp Karen, Liz 11	Bootcamp Karen, Liz 12			
				Cycle Cheryl, Alex 12	www.alcovyfitness.com Classes highlighted in yellow are available in-gym and online through Zoom.		