|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **TIME** | **MON**  **1,8,15,22,29** | **TUES**  **2,9,16,23,30** | **WED**  **3,10,17,24** | **THURS**  **4,11,18,25** | **FRI**  **5,12,19,26** | **SAT**  **6,13,20,27** | **SUN**  **7,14,21,28** |
| **515AM** | **HIIT** Sarah | **BODYPUMP** Elisha | **HIIT** Janette | **BODYPUMP** Elisha |  |  |  |
| **6:00AM** | **Cycle** Pam |  | **Cycle** Pam |  | **Cycle** Sarah |  |  |
| **8:00AM** | **Zumba** Brittany 1,15,29, Joy 8,22 | **HIIT** Christina E | **Zumba** Stephanie | **Barre** Pam | **Barre**  Stephanie |  |  |
| **8:30AM** |  |  |  |  |  | **Barre** Susan B 6 Stephanie 13, 27, Pam 20 |  |
| **Cycle** Connie 6, Denise O 13, Elisha 20, Sarah 27 |
| **9:00AM** | **Barre** Stephanie | **BODYPUMP** Pam | **1,2 Step** Polly | **BODYPUMP** Connie | **Zumba** Stephanie |  |  |
| **Cycle** Connie | **Cycle** Kim | **Cycle** Sandra |
| **9:30AM** | **Water Works** Kathy, Susan 8 | **Power Splash** Lorraine | **Aqua Zumba**  Christina | **Power Splash** Kathy 18,25  Billie 4, Carol 11 | **Water Works** Susan | **BODYPUMP** Connie 6, Pam 13,27, Denise T 20 |  |
| **Water Works** Mattie 6,27, Carol 13  **Aqua Zumba** Christina 20 |
| **10:00AM** | **Fitness Gold** Kellie |  | **Fitness Gold**  Polly | **Pilates** Pam | **Fitness Gold**  Polly |  |  |
| **10:15AM Line Dance** Sandra |
| **10:45AM Yoga** Jenn |
| **11:00AM** | **Yoga Stretch**  Ann | **Zumba** Joy 2,16,30 Brittany 9,23 | **Yoga** Pam 3,17  Ann 10,24 | **Fitness Gold** Kellie | **Yoga Stretch**  Ann |  |  |
| **2:00 PM** |  | **Tai Chi**  **AFP** Robert |  |  |  |  |  |
| **3:00PM** |  | **Tai Chi II** Robert |  | **Tai Chi II** John |  |  | **2PM Barre** Lonna  **2PM Water Works** Billie 7, Lori 14, Lorraine 21  **Aqua Zumba** Christina 28  **3PM Yoga** Ann |
| **5:00PM** | **BODYPUMP**  Denise T | **Barre** Cheryl | **Cycle** Sarah  **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. | |
| **Cycle** Jodi |
| **6:00PM** | **Barre** Susan B | **BODYPUMP** Rachel | **Barre** Pam | **Zumba** Cat | **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) | |
| **Cycle** Janette | **Cycle** Cheryl | **Cycle** Janette |
| **630PM** | **Power Splash**  Billie 1, 15,22,29  Lori 8 | **Aqua Zumba**  Christina C | **Water Works**  Lorraine | **Power Splash** Susan |
| **7:00PM** | **Yoga** Pam | **Zumba** Cat | **Bootcamp** Karen | **Bootcamp** Karen |



.