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|  **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 3,17Ann 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, 15,22,29Lori 8 | **Aqua Zumba**Christina C  | **Water Works**  Lorraine  | **Power Splash** Susan |
| **7:00PM** | **Yoga** Pam | **Zumba** Cat | **Bootcamp** Karen | **Bootcamp** Karen |

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