



GROUP & AQUA FITNESS

January 2023



TIME	MON 2,9,16,23,30	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 1,8,15,22,29
515AM	HIIT Liz	BODYPUMP Elisha, Anna 31	HIIT Elisha	BODYPUMP Elisha			
6:00AM	Cycle Pam		Cycle Pam		Cycle Sarah		
8:00AM	Zumba Joy 2,23 Brittany 9, 30, Stephanie 16	HIIT Liz	Zumba Stephanie	Barre Liz	Barre Stephanie		
8:30AM						Barre Pam 7, Alex 14, Liz 21, Stephanie 28 Cycle Connie 7, Sandra 14, Julie 21, Denise O 28	
9:00AM	Barre Stephanie Cycle Connie	BODYPUMP Pam, Connie 17	1,2 Step Polly Cycle Kim	BODYPUMP Connie	Zumba Stephanie Cycle Elisha		
9:30AM	Water Works Kathy	Power Splash Lorraine	Aqua Zumba Christina	Power Splash Kathy	Water Works Susan	BODYPUMP Connie 7, Elisha 14, Denise T 21, Rachel 28 Water Works Mattie 7,28, Lorraine 21 Aqua Zumba Christina 14	
10:00AM	Fitness Gold Kellie, Sandra 23	Cycle Cheryl 10:15AM Line Dance Liz	Fitness Gold Polly	Pilates Pam, Billie 19	Fitness Gold Polly, Kellie 6	10:45AM Yoga Jenn, Alex 14	
11:00AM	Yoga Stretch Ann	Zumba Brittany 3,24, Joy 10,31 Stephanie 17	Yoga Stephanie	Fitness Gold Kellie	Yoga Stretch Ann		
2:00 PM		Tai Chi AFP Robert					
3:00P		Tai Chi II Robert		Tai Chi II Paula			
5:00PM	BODYPUMP Denise T Cycle Kim	Barre Cheryl	Cycle Alex Zumba Liz	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.		2PM Barre Alex, Cheryl 29 2PM Water Works Lorraine 1,15,29, Billie 8, Beth 22 3PM Cycle Sarah 1,15, Denise O 8, 29, Alex 22 3PM Yoga Ann
6:00PM	Barre Liz Cycle Maggie	BODYPUMP Anna Cycle Cheryl	Barre Pam	Zumba Cat Cycle Alex	Please note we will hold our usual class schedule on Sunday, Jan 1, so you can kick off 2023 with FITNESS!		
630PM	Power Splash Billie 2,16,23,30, Lori 9	Aqua Zumba Christina	Water Works Lorraine 4,18 Mattie 11,25	Power Splash Susan	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		
7:00PM	Yoga Pam	Zumba Cat Cycle Sarah	Bootcamp Karen Cycle Cheryl	Bootcamp Karen			