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|  **TIME** | **MON****4,11,18,25** | **TUES****5,12,19,26** | **WED****6,13,20,27** | **THURS****7,14,21,28** | **FRI****1,8,15,22,29** | **SAT****2,9,16,23,30** | **SUN****3,10,17,24,31** |
| **515AM** | **HIIT** Sarah | **BODYPUMP** Elisha | **HIIT** Janette | **BODYPUMP** Elisha  |  |  |  |
| **6:00AM** | **Cycle** Pam |  | **Cycle** Pam |  | **Cycle** Sarah |  |  |
| **8:00AM** | **Zumba** Brittany 4,18, Joy 11,25  | **HIIT** Christina E | **Zumba** Stephanie, Joy/Brittany 6 | **Barre** Pam | **Barre** Stephanie, Lonna 1,8 |  |  |
| **8:30AM** |  |  |  |  |  | **Barre** Alex 2, Anna 9, Stephanie 16, Lonna 23, Pam 30  |   |
| **Cycle** Connie 2, Denise O 9, Maggie 16, Elisha 23, Sarah 30  |
| **9:00AM** | **Barre** Stephanie, Lonna 4  | **BODYPUMP** Pam  | **1,2 Step** Polly | **BODYPUMP** Connie | **Zumba** Stephanie, Joy/Brittany 1,8  |  |  |
| **Cycle** Connie | **Cycle** Kim | **Cycle** Sandra |
| **9:30AM** | **Water Works** Kathy  | **Power Splash** Lorraine | **Aqua Zumba**Christina**Water Works** Billie 6 | **Power Splash** Kathy | **Water Works** Susan | **BODYPUMP** Connie 2, Elisha 9,30, Pam 16, Denise T 23 |  |
| **Water Works** Mattie 2,30, Lorraine 9**Aqua Zumba** Christina 16,23 |
| **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 5,19, Brittany 12,26  | **Yoga** Pam 6,20Ann 13,27 | **Fitness Gold** Kellie | **Yoga Stretch** Ann |  |  |
| **2:00 PM** |  | **Tai Chi** **AFP** Robert, Debbie 12 |  |  |  |  |  |
| **3:00PM** |  | **Tai Chi II** Robert, Paula 12 |  | **Tai Chi II** John |  |  | **2PM Barre** Alex, Anna 10,24**2PM Water Works** Lorraine 3, Billie 10, Lori 24 **Aqua Zumba** Christina 17,31 **3PM Yoga** Ann |
| **5:00PM** | **BODYPUMP** Denise T | **Barre** Cheryl | **Cycle** Alex**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** Anna, Alex 11,25 | **BODYPUMP** Anna | **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** Alex |
| **630PM** | **Power Splash** Billie 4,11,18Lori 25 | **Aqua Zumba**Christina C**Water Works** Susan 5  | **Water Works**  Lorraine 6,20Mattie 13,27  | **Power Splash** Susan |
| **7:00PM** | **Yoga** Pam | **Zumba** Cat | **Bootcamp** Karen | **Bootcamp** Karen, Kristi 21 |

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