



GROUP & AQUA FITNESS

AUGUST 2022



TIME	MON 1,8,15,22,29	TUES 2,9,16,23,30	WED 3,10,17,24,31	THURS 4,11,18,25	FRI 5,12,19,26	SAT 6,13,20,27	SUN 7,14,21,28
5:15AM	HIIT Liz	BODYPUMP Elisha	HIIT Elisha	BODYPUMP Elisha			
6:00AM	Cycle Pam		Cycle Pam		Cycle Denise O		
8:00AM	Zumba Brittany 1,15,29, Joy 8,22	HIIT Liz	Zumba Stephanie, Joy 3	Barre Liz	Barre Stephanie, Lonna 5		
8:30AM						Barre Alex 6, Liz 13, Stephanie 20, Pam 27 Cycle Connie 6, Julie 13, Pam 20, Maggie 27	
9:00AM	Barre Stephanie Cycle Connie	BODYPUMP Pam	1,2 Step Polly Cycle Kim	BODYPUMP Connie	Zumba Stephanie, Lonna 5 Cycle Elisha		
9:30AM	Water Works Kathy	Power Splash Lorraine	Aqua Zumba Christina	Power Splash Kathy	Water Works Susan	BODYPUMP Connie 6, Sandra 13, Elisha 20, Denise T 27, Water Works Mattie 6,27, Lorraine 13 Aqua Zumba Christina 20	
10:00AM	Fitness Gold Kellie	Cycle Cheryl 10:15AM Line Dance Liz, Sandra 30	Fitness Gold Polly	Pilates Pam, Lonna 4	Fitness Gold Polly	10:45AM Yoga Jenn Alex 6	
11:00AM	Yoga Stretch Ann	Zumba Liz, Brittany 30	Yoga Stephanie	Fitness Gold Kellie	Yoga Stretch Ann		
2:00 PM		Tai Chi I Robert					
3:00P		Tai Chi II Robert					
5:00PM	BODYPUMP Denise T, Connie 1 Cycle Kim	Barre Cheryl, Alex 2	Cycle Alex Zumba Toning Shakita	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 2PM Water Works Beth 7,21, Billie 14, Lorraine 28 3PM Yoga Ann 3PM Cycle Denise O 7, Sarah 14, Elisha 21, Alex 28
6:00PM	Barre Liz Cycle Julie	BODYPUMP Connie Cycle Cheryl, Alex 2	Barre Pam, Cheryl 3	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.		
6:30PM	Power Splash Billie 8,15,22,29 Lori 1	Aqua Zumba Christina	Water Works Mattie 3,17,31 Lorraine 10,24	Power Splash Susan			
7:00PM	Yoga Pam	Zumba Cat Cycle Sarah	Bootcamp Karen	Bootcamp Karen Cycle Cheryl	www.alcovyfitness.com		



Classes highlighted in yellow are available both in-gym and virtually on Zoom. Please contact us for log in information.