



GROUP & AQUA FITNESS

June 2022



TIME	MON 6,13,20,27	TUES 7,14,21,28	WED 1,8,15,22,29	THURS 2,9,16,23,30	FRI 3,10,17,24	SAT 4,11,18,25	SUN 5,12,19,26
515AM	HIIT Liz	BODYPUMP Elisha, Denise T 28	HIIT Elisha, Liz 29	BODYPUMP Elisha, Pam 30			
6:00AM	Cycle Pam		Cycle Pam		Cycle Denise O, Pam 24		
8:00AM	Zumba Liz	HIIT Liz	Zumba Stephanie	Barre Liz, Pam 2	Barre Stephanie		
8:30AM						Barre Pam 4,25, Liz 11, Stephanie 18 Cycle Connie 4, Sandra 11, Denise O 18, Maggie 25	
9:00AM	Barre Stephanie Cycle Connie	BODYPUMP Pam	1,2 Step Polly Cycle Kim	BODYPUMP Connie	Zumba Stephanie Cycle Elisha, Denise O 17, Pam 24		
9:30AM	Water Works Kathy, Billie 27, Lorraine 20	Power Splash Lorraine	Aqua Zumba Christina	Power Splash Kathy, Billie 30, Lorraine 23	Water Works Susan	BODYPUMP Connie 4, Sandra 11, Pam 18, Denise T 25 Water Works Mattie 4,25 Beth 11 Aqua Zumba Christina 18	
10:00AM	Fitness Gold Kellie	10:15AM Line Dance Liz, Sandra 21	Fitness Gold Polly	Pilates Pam, Billie 9	Fitness Gold Polly	10:45AM Yoga Stephanie 4, Jenn 11,25, Ann 18	
11:00AM	Yoga Stretch Ann	Zumba Joy 7,21, Brittany 14, 28	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 Cycle Kim	Barre Cheryl	Cycle Alex, Elisha 1 Zumba Toning Shakita	BODYPUMP Rachel, Denise T 9	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 Lorraine 5,19 Beth 12, Billie 26 3PM Yoga Ann 3PM Cycle Denise O 5, Elisha 12, Sarah 19, Alex 26
6:00PM	Barre Liz Cycle Julie, Denise O 20	BODYPUMP Connie Cycle Cheryl	Barre Pam, Cheryl 8	Zumba Cat Cycle Alex, Cheryl 2	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		
630PM	Power Splash Billie 6, 13 20, Lori 27	Aqua Zumba Christina	Water Works Lorraine 1,15,29 Mattie 8,22	Power Splash Susan	Classes highlighted in yellow available in-gym and online through Zoom.		
7:00PM	Yoga Pam	Zumba Cat Cycle Sarah	Bootcamp Karen	Bootcamp Karen Cycle Cheryl			