



# GROUP & AQUA FITNESS

## MARCH 2023



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



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