

**GARDENDALE CIVIC CENTER
FEBRUARY 2019
GROUP FITNESS SCHEDULE**

**GROUP FITNESS INFO:
Kelsey Hatcher
205-694-9226
kelseyhatcher1016@yahoo.com**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:00am	BODY PUMP Cherie	BODY FLOW Amanda	BODY PUMP Cherie	BODY FLOW Amanda	BODY PUMP Amanda			
5:00am	SPIN Lisa M.		SPIN Lisa M.		SPIN Lisa M.	7:05am	SPIN Lisa M.	
8:30am	BODY PUMP Alesha	INTEGRATED YOGA Tom	BODY PUMP Christa	INTEGRATED YOGA Tom	BODY PUMP Christy	8:00am	SPIN Alana	
8:30am		SPIN Christa		SPIN Leslie: Feb 7,21 Christa: Feb 14,28		8:00am	PRACTICAL YOGA Tom	
9:40am		H.I.I.T. Beth	STEP CIRCUIT Heather	H.I.I.T. Beth	BODY ATTACK Christy	9:15am	ZUMBA Candace/Zay	
9:40am	SPIN Leslie				SPIN Leslie			
10:45am	BEGASH YOGA Peggy		(11:00 AM) ASHTANGA YOGA - Peggy		ASHYIN YOGA Peggy			
12:15pm	BODY PUMP Candice		BODY PUMP Candice		BODY PUMP Candice			
3:45pm	BODY PUMP Alyssa		BODY PUMP Alyssa					
4:15pm					TABATA Robin (No class Feb 22)			
4:30pm	BODY FLOW Alyssa	(4:45 PM) BODY ATTACK EXPRESS - Christy		ZUMBA Alexis		2:00pm		SPIN Alana
4:30pm	SPIN Robin	SPIN Natalie		SPIN Christa		2:30pm		H.I.I.T. Art
5:30pm	BODY PUMP Jennifer		YOGA Amanda: Feb 6,20 Tom: Feb 13,27	BODY ATTACK EXPRESS Christy	(5:45 PM) BODY FLOW Amanda			
6:00pm		CORE Art		BODY PUMP (45 Minutes) Christy				
6:00pm	SPIN Alana	SPIN Brittany		SPIN Brittany		<p align="center">A contract or GCC membership is not required to participate in the group fitness classes.</p> <p align="center">Payment options:</p> <p align="center">(a) \$3 per class. (b) Buy a \$30 card good for 10 classes or a \$60 card good for 20 classes. Cards never expire. (c) Buy a \$35 pass for unlimited classes for a month from date of purchase.</p>		
6:30pm	(6:40 PM) ZUMBA Yolanda	H.I.I.T. Art	ZUMBA Kendall					
6:30pm		ZUMBA Candace/Zay (On 1st floor) (No class Feb 5)						
7:00pm		(7:15 p.m.) BOXING CIRCUIT Heather		CORE Art				
7:30pm	(7:45 p.m.) H.I.I.T. Art		ASHTANGA YOGA - Peggy	H.I.I.T. Art				

Add your email address to the sign-up sheet located on the counter at the front desk to have the schedule and other information sent to you each month.

Scan with your QR code scanner to link to the "GCC Group Fitness" Facebook page



**** PLEASE NOTE THAT CHILDCARE WILL NO LONGER BE AVAILABLE AS OF FEBRUARY 1. ****

CLASS DESCRIPTIONS

LES MILLS ® CLASSES: Body Attack - A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. Body Combat - A high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Body Flow - A low-intensity workout combining yoga, tai chi, and Pilates that builds flexibility and strength and leaves you feeling centered and calm. Body Pump - This workout challenges all of your major muscle groups while you squat, press, lift, and curl using free weights/plates, barbells, and an aerobic step program.

Boxing Circuit - This 55-minute class combines basic boxing fundamentals, plyometrics, and high intensity interval training to boost your heart rate and burn some serious calories (600+ per class). It incorporates kickboxing techniques and fun combinations for a dynamic and explosive cardio workout. Because there are numerous options, it is perfect for all fitness levels. We provide the boxing gloves.

Core de Force ® - Workouts are inspired by mixed martial arts and broken into 3-minute "rounds" in which you'll attack boxing, kickboxing, and muay thai combinations. All bodyweight moves, no equipment used. Tighten your midsection, carve a stronger core, and sculpt total-body definition.

Core - 30-minute interval training core class. Work away unwanted belly fat while strengthening your back, legs, and butt, using your own body weight, Bosu balls, resistance bands, and more. It will challenge and strengthen your core. This program is great for balance, posture, and movements performed in your everyday life. Good for beginners or intermediate.

H.I.I.T. - 30 minutes of High Intensity Interval Training. H.I.I.T. (pronounced "hit") is a cardio and strength workout that will burn fat fast, raise your metabolism, and increase your endurance. These 30 minutes will fly by as you are challenged in a fun group setting with great music and with trainers coaching you, encouraging you, and helping you get your results fast.

RaisedBarre® - RaisedBarre stays true to the classic barre workout and strikes the perfect balance between hard work and fun in a structured, full-body workout. It offers an energetic, athletic, and completely pre-choreographed program that is easy to learn. Visit RaisedBare.com for more information and videos.

REFIT® - REFIT combines several elements of fitness into one power-packed hour. The focus is structured around CardioDance movements. However, toning and flexibility are also incorporated. The atmosphere is more fun, dance party than exercise class. REFIT will both challenge fitness enthusiasts and welcome beginners. Visit www.refitrev.com for more info.

Spin - Class using a stationary exercise bicycle focusing on endurance, strength, intervals, high intensity, and recovery.

Step Circuit - A 30-minute classic cardio workout with low to high options that has lasted for years for a simple reason: It delivers results. The "step" is a raised platform. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.

Tabata - Similar to HIIT, except instead of varying interval lengths, it will always be 20 seconds of work and 10 seconds of rest. You will do bodyweight exercises, strength, sprints, etc.

Yoga - A system of physical postures and breathing techniques practiced in a calm, peaceful setting to promote strength, flexibility, and bodily well-being. AshTanga Yoga - A strong emphasis on building core strength, along with flexibility and balance, while linking movement with breath. This class will build through the primary series. AshYin Yoga - Will begin with the strength, power, and mindful movement of Ashtanga style asanas and end with the deep stretching and peaceful mind of Yin-style postures. BegAsh Yoga - Ashtanga Yoga is the father of modern power yoga. This class will be a modified beginner Ashtanga style, focusing on strength, power, and mindful movement. Integrated Yoga - A well-rounded interpretation of "Yoga at the gym." Built upon a foundation of integrating yoga into our daily lives. Made accessible to all. Staying connected to the lineage that has survived multiple millennia. Does NOT include chanting. completes our "workout triad" of strength training, cardio, and flexibility. Practical Yoga - The linking of body movement with breath and sequential movement that interlinks postures to form a continuous flow, vinyasa is a sequence of movements used to transition between sustained postures.

Zumba® - An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed to music, often Latin American dance music.