

Gardendale Civic Center Group Fitness Schedule - May 2024

MONDAY		
5:00am	BodyPump	Cherie
8:30am	BodyPump	Tiffany
9:00am	Fit U 55+ (Exhibition Hall)	Lisa S
9:40am	Spin	Tiffany
10:15am	Fit U 55+ (Exhibition Hall)	Lisa S
10:45am	BegAsh Yoga	Peggy
11:30am	55+ Dance Class (Exhibition Hall)	Sydney
4:30pm	Spin	Robin
5:30pm	Total Body Weights	Robin
7:00pm	Beginner HIIT	Kristen

TUESDAY		
8:30am	Yoga	Tom
2:00pm	Fit U Cardio 55+	Robin
4:30pm	Spin	Robin
5:25pm	HIIT/Core - 30	Robin
6:00pm	Spin	Alana
6:00pm	Zumba (Exhibition Hall)	Candace/Zay

WEDNESDAY		
5:00am	BodyPump	Cherie
8:30am	Strength & Conditioning	Kristin
9:45am	Fit U - Stretch & Strength Floor	Lisa S
11:00am	Ashtanga Yoga	Peggy
4:30pm	BodyPump	Amanda
5:35pm	BodyBalance	Amanda

The only bad workout is the one that didn't happen...

THURSDAY		
5:00am	Spin	Lisa M.
8:30am	Yoga	Peggy
4:30pm	Spin	Robin
5:30pm	Body Blast	Robin
6:00pm	Spin	Alana
6:00pm	Total Body Burn	Anna and Miranda

FRIDAY		
5:00am	BodyPump	Cherie
8:30am	Body Blast	Heather
9:00am	Fit U 55+ (Exhibition Hall)*	Lisa S
9:30am	Spin**	Robin
10:15am	Fit U 55+ (Exhibition Hall)*	Lisa S
10:45am	AshYin Yoga	Peggy

SATURDAY		
7:05am	Spin	Lisa M
8:00am	Spin	Team
9:15am	Zumba (Exhibition Hall)	Candace/Zay

**No class May 3rd

*No class May 24th or 31st

Payment Options	
Price	# of Classes
\$3	1 class
\$30	10 class card
\$60	20 class card
\$35	1 month unlimited classes

A GCC membership or contract is not required to participate in group fitness classes. All classes are 60 minutes unless otherwise noted. Instructors are subject to change.

Group Fitness Directors

Robin Hill and Heather Lebischak

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