GARDENDALE CIVIC CENTER
SEPTEMBER 2014 GROUP FITNESS SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time
5:00am	CLOSED UNTIL 1:00 P.M.	BODY PUMP Cherie Brake	BODY ATTACK Denean/Krystal	BODY PUMP Cherie Brake	IGNITE Team	BODY PUMP Cherie Brake	CLOSED UNTIL 7:00 A.M.	5:00am
5:30am								5:30am
6:00am					VIRTUAL: *Your Choice*	BODY PUMP Virtual		6:00am
6:30am		BODY COMBAT Virtual	BODY PUMP Virtual	BODY COMBAT Virtual				6:30am
7:00am					VIRTUAL: *Your Choice*	VIRTUAL: *Your Choice*	BODY ATTACK EXPRESS *(7:15 - 8:00)* Freedom/Denean	7:00am
7:30am								7:30am
8:00am							VINYASA YOGA Tom White	8:00am
8:30am		BODY PUMP Freedom Whitworth	VINYASA YOGA Tom White	BODY PUMP Freedom Whitworth	VINYASA YOGA Tom White	BODY PUMP Freedom Whitworth		8:30am
9:00am		IGNITE Freedom / Tiff. G.		IGNITE Freedom / Tiff. G.			BODY PUMP Emily Pugh (9/13 & 9/27) Leah Abney (9/6 & 9/20)	9:00am
9:30am								9:30am
10:00am			CXWORK Virtual	VIRTUAL: *Your Choice*	CXWORK Virtual	CXWORK Virtual		10:00am
10:30am								10:30am
11:00am		FIRST STEP FITNESS *(11:10 - 11:50)* Denean Ragland	BODY FLOW *(11:10 - 11:50)* Denean Ragland	VIRTUAL: *Your Choice*	FIRST STEP FITNESS *(11:10 - 11:50)* Denean Ragland	FIRST STEP FITNESS *(11:10 - 11:50)* Denean Ragland		11:00am
11:30am							BALLROOM DANCE (Beginner) ($5 per person) Kurt & Wendy Johnson	11:30am
12:00pm			BODY PUMP Virtual			VIRTUAL: *Your Choice*		12:00pm
12:30pm		TRUE YOGA Tiffany Tumlin		TRUE YOGA Tiffany Tumlin	TRUE YOGA Tiffany Tumlin		BALLROOM DANCE (Advanced) ($5 per person) Kurt & Wendy Johnson	12:30pm
1:00pm			SH'BAM Virtual			SH'BAM Virtual		1:00pm
1:30pm	BODY COMBAT Virtual			VIRTUAL: Your Choice			CXWORK Virtual	1:30pm
2:00pm		CXWORK Virtual	BODY COMBAT Virtual		CXWORK Virtual	CXWORK Virtual	BODY FLOW Virtual	2:00pm
2:30pm	IGNITE Art Young					BODY PUMP Virtual Express		2:30pm
3:00pm			YOUTH SPORTS TRAINING ($12) *(3:20 - 4:20)* Jeff Hannah		YOUTH SPORTS TRAINING ($12) *(3:20-4:20)* Jeff Hannah	BODY ATTACK EXPRESS *(3:45 - 4:30)* Freedom/Denean	SH'BAM Virtual	3:00pm
3:30pm	BODY FLOW Denean R.	IGNITE *(3:45 - 4:15)* Team		IGNITE *(3:45 - 4:15)* Art / Denean				3:30pm
4:00pm							BODY PUMP Virtual	4:00pm
4:30pm		BODY FLOW Alyssa Tucker	BODY ATTACK Krystal Dye	FIRST STEP FITNESS Denean Ragland	BODY PUMP Emily Pugh	BODY FLOW Alyssa Tucker		4:30pm
5:00pm	CLOSED AFTER 5:00 P.M.							5:00pm
5:30pm		BODY PUMP Emily Pugh	ZUMBA Candace Williams	TRUE YOGA Tiffany Tumlin	VINYASA YOGA Tom White	SH'BAM Virtual	BODY COMBAT Virtual	5:30pm
6:00pm								6:00pm
6:30pm		ZUMBA Yolanda Banks	TRUE YOGA Tiffany Tumlin	ZUMBA Kendall Johnson	ZUMBA STEP Yolanda Banks			6:30pm
7:00pm						CLOSED AFTER 7:00 P.M.	CLOSED AFTER 7:00 P.M.	7:00pm
7:30pm		IGNITE Team	KICKBOXING Heather Lebischak	BODY ATTACK (7:45 - 8:30) Freedom Whitworth	IGNITE Team			7:30pm
8:00pm								8:00pm
8:30pm								8:30pm

SPIN CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO SPIN CLASSES	5:00 a.m. - Lisa M. 6:00 p.m. - Pam	4:45 a.m. - Starla 8:30 a.m.-Tiffany G. 3:45 p.m. - Krystal 6:00 p.m. - Brittany	5:00 a.m. - Lisa M.	4:45 a.m. - Starla 8:30 a.m.-Tiffany G. 3:45 p.m. - Krystal 6:00 p.m. - Brittany	5:00 a.m. - Lisa M.	8:00 a.m. - Pam/Brittany/Lisa M.

BOOT CAMPS

Boot camp classes by Firm Body Boot Camps / Romen McDonald are held every Mon., Tues., and Thurs. at 5:30 a.m., 8:15 a.m., 5:30 p.m., and 6:30 p.m. and every Saturday at 7:15 a.m. Contact Romen at romen@firmbodybootcamps.com for more information.

CLASS DESCRIPTIONS

Classes with live instructors are shown on the schedule in green along with the instructor's name.
Les Mills Virtual classes are shown in purple along with the word "Virtual."

Les Mills Virtual is video-based group exercise played on a large video screen in the same group fitness room where live instructor classes are held. It's designed to provide regular exercisers with a group exercise fix at any time of the day and help get even more people engaged in group exercise. Full-length Virtual classes are 55 minutes (45 for Sh'Bam) and cost $3.00. Express classes and CXWorx classes are 30 minutes and cost $2.00. "Your Choice" means that a particular type of class is not scheduled, therefore you may choose on a first come, first served basis which Virtual class to take.

Les Mills Classes:

***Body Attack** - The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines aerobic movements with strength and stabilization exercises.*

***Body Combat** - An energetic cardio workout that is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and muay thai.*

***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.*

***CXWorx** - Really hones in on the torso/core and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and rear (abs, obliques, glutes), while also improving functional strength and assisting in injury prevention. (All CXWork workouts are 30 minutes and cost $2.00.)*

***Sh'Bam** - Featuring 45 minutes of calorie-burning dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star - even if you're dance-challenged.*

Non-Les Mills Classes:

***First Step Fitness** - This class is designed for those who want to take the "first step" toward improving your fitness. Maybe you are new to exercise, haven't done it in a while, or simply want to participate in a group fitness class with a lower intensity level. This is the class for you. Combining cardio and strength exercises, you'll boost your fitness ... and your confidence!*

***Ignite** - Ignite is 30 minutes of "HIIT" -- High Intensity Interval Training. Ignite is a cardio and strength workout that will burn fat fast, raise your metabolism, and increase your endurance and heart health. Ignite will provide you with the atmosphere and intensity that will help you reach your fitness goals. 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. Find "Ignite Wellness" on Facebook for schedule, pricing, packages, and more information.*

***Kickboxing** - Cardio workout that engages muscle groups throughout the body through a combination of movements inspired by the kickboxing sport such as jabs, squats, punches, kicks, etc.*

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

***True Yoga** - Using traditional yoga poses, a class that will teach you to listen to your body and find its physical limits in a safe and relaxing environment.*

***Vinyasa Yoga** - Defined as (a) the linking of body movement with breath and (b) sequential movement that interlinks postures to form a continuous flow, vinyasa is a specific sequence of breath-synchronized 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.*

***Zumba Step** - A type of Zumba that incorporates step aerobics into the movements for additional cardio benefit.*