



# Group Fitness Schedule January



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Group Exercise Room</b>						
<b>LES MILLS BODYPUMP</b> 5:30 am Jennifer N		<b>LES MILLS BODYPUMP</b> 5:30 am Claudia	<b>LES MILLS CORE</b> 5:30 am Jennifer N			
8:15 am Brandi		<b>LES MILLS BODYPUMP</b> 8:15 AM Robin	8:15 AM Gerd/Sabrina	<b>LES MILLS BODYPUMP</b> 8:15 AM Robin	<b>LES MILLS BODYPUMP</b> 8:30 AM Laura/Daly	<b>LES MILLS tone</b> 8:30 am Julie
<b>BOOT CAMP</b> (45) 9:30 AM Brandi	9:15 AM Gerd/Sabrina	<b>LES MILLS CORE</b> 9:15 AM Robin		<b>LES MILLS BODYATTACK</b> (30) 9:15 AM Robin	<b>POUND</b> 9:30 AM Daly	<b>LES MILLS BODYPUMP</b> 9:30 AM Sarah
						<b>LES MILLS CORE</b> 10:30 AM Sarah
	<b>BOOT CAMP</b> (45) 11:30 AM Rachel		<b>BOOT CAMP</b> (45) 11:30 am Rod			
	<b>LES MILLS BODYATTACK</b> (45) 4:30 pm Jennifer		<b>LES MILLS BODYSTEP</b> Katie 4:30 pm			
<b>LES MILLS BODYSTEP</b> 5:30 pm Katie/Robin H	<b>LES MILLS BODYPUMP</b> 5:30 PM Laura	5:30 pm Ronda	<b>LES MILLS BODYPUMP</b> 5:30 pm Robyn			
<b>Cycle Studio</b>						
	<b>LES MILLS RPM</b> 5:30 am Claudia		5:30 AM Madison	5:30 AM Coming Soon		
	<b>LES MILLS RPM</b> 9:00 am Blaire			<b>LES MILLS RPM</b> 9:00 am Blaire		9:30 AM Madison
<b>LES MILLS RPM</b> 11:30 am Hollie Coming Soon						
	<b>LES MILLS RPM</b> 5:30 PM Sara					
<b>Board Room</b>						
8:30 am Nan		8:30 am Robyn		8:30 AM Nan		
<b>TRX</b>						
			<b>BOOT CAMP</b> (45) 9:30 am Mary			
<b>CIRCUIT 30</b> 5:15 pm Meda		<b>CIRCUIT 30</b> 5:15 pm Meda				
<b>Mind Body Studio</b>						
<b>barre</b> (45) 8:30 am Coming soon						8:30 am Nan
<b>LES MILLS BODYFLOW</b> 9:30 am Tracy/Nan	9:30 am Jill	<b>LES MILLS BODYFLOW</b> 9:30 am Tracy/Nan	9:30 AM Cindy	9:30 am Jill		
	4:30 pm Cindy		<b>LES MILLS BODYFLOW</b> 4:30 pm Nan			
5:30 pm Rachel		5:30 pm Coming Soon				
<b>Indoor Pool</b>						
10:30 AM Brandi		10:30 AM Rod				
3960 Montclair Rd, Birmingham, AL 35213 (205) 879-0411 Group Exercise Coordinator Contact: Tracy Thornton @ tracyt@bhamjcc.org						





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