What's New? New Classes

DanceBody Fit
Tuesdays 5:35pm AAC

Yoga
Tuesdays 6:40pm GFR

Zumba
Fridays 9:20am GFR

Group Fitness Coordinator
Heather Coggins
Please email with suggestions
hcoggins@opelika-al.gov

*Cardio
*Strength
*Mind/body

Classes need an average of 5 participants consistently to remain on the schedule

See back for class descriptions

September 2023

Group Fitness Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		Virtual Les Mills	*BODYPUMP Virtual	Virtual Les Mills	*BODYPUMP Virtual		
8:15 AM		*Sweat Fest Robin *Cycle Amy	*BODYPUMP Jennifer *SilverSneakers®CIRCUIT (AAC) Heather (G)	*Strong Amy *Cycle Ann 6 Donna	*BODYPUMP Robin *SilverSneakers® CIRCUIT(AAC) Heather(Cathy) 21 Jennifer	*Cardio Intervals McClain 1 Heather *Cycle Robin 8:30*Upper Body Blast (AAC) Jennifer	9:00 *BODYPUMP 2 Anna 9 Meghan 16 Amy 23 Caroline 30 Jennifer Swim Team Workouts 10:15-11:15
9:20 AM		*Gentle Yoga Cat	*ZUMBA Gold Allison (Donna) 9:25 *Cycle Express Heather *SS•CLASSIC (AAC) Patty 12 Charna 19 G	*Yoga Cathy 20 Laura	*ZUMBA Gold Allison (Donna) 9:25 *Cycle Express Robin *SS•CLASSIC (AAC) Heather (McClain) 21 Jennifer	*ZUMBA Allison/Robin M *SilverSneakers® CLASSIC(AAC) Jennifer (G)	
10:25 AM			*BASIC TAI CHI Joanne	*Pilates Cathy 20 Laura	*QIGONG Joanne	*Yin Yoga Heather 22 Cat	
11:30 AM			*BALANCE & STRETCH Sangsun	*Val's Dance Party (AAC)	*BALANCE & STRETCH Sangsun		
1:00 PM		*SilverSneakers® CIRCUIT (AAC) G		*SilverSneakers®CLASSIC (AAC) Patty 13 Charna 20 G			
2:15 PM		*SilverSneakers® YOGA (AAC) G		*Chair YOGA (AAC) Patty 13 Charna 20 G			
4:30 PM		*BODYPUMP Ashley	*Cardio Intervals Anna	*BODYPUMP Anna *FITNESS FUSION 55+ (AAC) Tera	*BootCamp 14, 28 Anna *DANCEBODY FITNESS 7, 21 Tera/Mercedes		TOT WATCH Monday - Friday 8 am – Noon 4 pm – 8 pm
5:35 PM		*DANCEBODY FITNESS Tera *Cycle Express (30 min) 11 Heather 18 Andrea 25 Donna	*BODYPUMP Amy *DANCEBODY FITNESS (AAC) 12, 26 Tera	*DANCEBODY FITNESS Tera	*BODYPUMP Ashley 14 Caroline		
6:30 PM		*Barre Express (30 min) Tera	6:40*Yoga Cat				