

# SEPTEMBER 2010 GROUP FITNESS

## NFC TAZEWELL



AQ-Water Classes  
 BA-BodyAttack  
 BC-BodyCombat  
 BP-BodyPump  
 BF-BodyFlow

BS-BodyStep  
 BY-Beginning Yoga  
 C-Cycle  
 GCC-Gentle Cardio Condition  
 Jam-BodyJam

### CLASS DESCRIPTIONS

PY-Pilates/Yoga  
 RPM-Cardio Cycle  
 S-Step  
 ST -Strength Train  
 T&S -Tread n Shed  
 Y-Yoga  
 YQ -Yoqua (in the water)  
 ZU- Zumba

**ZUMBA!!! NOW on MONDAY MORNINGS AT 10:00am!!! C'mon! TRY IT!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30a S MaryNelle	5:30a BP Steph D.	5:30a S Muna	5:30a BP Muna	5:30a RPM Muna	
	9:00am BP Suzan B	8:15a RPM Diane	9:00a S MaryNelle	9:00a BP April	9:00a BP Diane	8:00a BP Jillian
3:00p RPM Heather B	10:00a ZU Melissa G	9:00a BP April	9:00a C Michelle	10:15a T&S Wendy	10:15a T&S Diane	9:00a BS Stephanie
3:00p BP Sharon T		10:00a BA Andrea	10:00a ST MaryNelle			9:00a T&S Whitney
4:00p BC Allyson						
	4:30p BP Wendy		4:30p BP Elizabeth	4:30p BS Sharon T.		
	5:30p T&S Kimberly	4:30p BA Kim Day	5:30p BC Elizabeth	5:30p RPM Wendy	5:45p BA Myrna	
	5:30p RPM Jorgene	5:30p BP Stephanie	5:30p T&S Kimberly	5:30p BP Myrna		
	6:30 S Muna	6:30p BS Stephanie	6:30p ZU Alicia	6:30p Jam Myrna		

**CARDIO & STRENGTH**

\* Classes are held downstairs in the KIM Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a Y Jodi	10:15a PY April	9:00a Y Jodi	10:15a PY April	9:00a Y Jodi	
	9:00a GCC MaryN *		9:00a GCC Lynne *			11:00a Y Jodi
5:00p Y Danyl	6:00p BF Whitney		5:30p BF Jorgene	6:00p Y Sarah R		

**MIND/BODY**

**Club Hours: Opens Mon 5am M - F 24 HOURS Closes Fri Midnight Sat 7am - 8pm Sun Noon - 8pm**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00a AQ Lynne		10:00 AQ Lynne *		10:00a YQ April	

**WATER**

**Childcare Hours: M - F 8am - Noon M - T 4pm - 9pm F- 4pm-8pm Sat 8am - Noon Sun 3pm-6pm**

Adult Karate Class on Tuesday's in the KIM room at 6:45 pm, contact the front desk for more info

