

SEPTEMBER GROUP FITNESS

NFC OAK RIDGE



CLASS DESCRIPTIONS

| | | | | |
|-------------------|-------------------------|--------------------------------|-----------------------|-------------------|
| AF-Aqua Fit | BM-Body Menders/Pilates | GCC-Gentle Cardio Conditioning | Flow-BodyFlow | T&S-Tred n Shed |
| AI-Aqua Intervals | BS-Body Step | CA-Cardio Aqua | Jam- Body Jam | KY-Kundalini Yoga |
| AP-Aqua Pilates | BC-Body Combat | C- Cycling | P-Pilates | Y-Yoga |
| AZ-Aquatic Zumba | BP-Body Pump | FA-Firm Assets | PiYo-Pilates & Yoga | Y90-90 min yoga |
| B&B-Balls & Bands | | RPM- cycling class | S/T-Strength Training | ZU-Zumba |
| BA-Body Attack | | | | |

Classes Cancelled Labor Day!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|------------------|-------------------|------------------|--------------------|-----------------|-------------------|
| | 6:00 C* Tanya | 6:00 T&S Becky | 5:30 BP* Jillian | | 6:00 C* Lorie | |
| | 8:30 ST Danya | 9:00 BC Jessica | 8:30 FA Becky | 8:30 abs Becky | 9:00 C* Becky | 8:15 BP* Lorie |
| | 9:00 RPM Becky | 10:15 GCC Jessica | 9:00 BA Holly | 9:00 T&S Becky | 9:00 ZU Valerie | 9:15 RPM Danya |
| | 9:00 Jam Danya | 12:00 BP* Becky | 10:00 BP* Holly | 10:15 GCC Rachel | 10:00 BP* Geena | 9:15 BC Melissa |
| 3:00 BP* Elizabeth | | 1:30 BM/P Frances | | 12:00 RPM Geena | | 10:30 BP* Melissa |
| 4:00 BA Elizabeth | | (1.5 hour class) | | 1:30 BM/P Frances | | |
| | 4:30 BA Jessica | | 4:30 BS Sharon | (1.5 hour class) | | |
| | 5:30 C* Geena | 5:30 B&B Tanya | 5:30 BP* Lorie | 4:30 BP* Christian | 4:30 BP* Kenny | |
| | 5:30 Jam Melissa | 6:30 ZU Valerie | 5:30 RPM Suze | 5:30 BS Elizabeth | 5:30 Jam Kenny | |
| | 6:30 BP* Melissa | | 6:35 BC Jillian | | | |

CARDIO & STRENGTH

Classes are held downstairs in the KIM Room

* Requires sign-in 15 minutes before class

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|----------------|-----------------|----------------|------------------|----------------|------------------|
| | 10:15 P Rachel | 9:00 Y Danya | | 9:00 Flow Geena | 10:15 KY Kas | |
| | | 4:30 P Tanya | | | | 10:30 Flow Danya |
| | 5:30 Y Amber | 5:30 Flow Lorie | 5:30 P Frances | 5:30 PiYo Janice | 5:30 Y90 Amber | |

MIND/BODY

Club Hours:

M - F 5am - Midnight

Sat 8am - 8pm

Sun Noon - 6pm

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-----------------|----------------|----------------|----------------|-------------|---------------|
| | 9:00 AF Kim P. | 9:00 AZ Kim P. | 9:00 AI Kim P. | 9:00 AP Kim P. | 9:00 AF Liz | |
| | 10:00 AP Kim P. | | | | | 9:00 CA Amber |
| | | 6:00 AF Liz | | | | 10:00 AF Liz |

WATER

Childcare Hours: M - F 8am - 12pm, 4pm - 8pm Sat 8am - 12pm Closed Sun 483-6868