

SEPTEMBER 2010 GROUP FITNESS

NFC SEVIERVILLE



CLASS DESCRIPTIONS

AB -Aqua Box

AF -Aqua Fit

BF-Body Flow

BC-BodyCombat

BP -BodyPump

C -Cycle

C&F -Core & Floor

AW-Arthritis Water Exercise

JM - BodyJam

WB- WeightBlast

STEP - Step

ST/SC Step-n-Sculpt

TB- Total Body

T&S -Tread n Shed

Y -Yoga

RPM CardioCycle

Zu Zumba

**Check out our new classes!!! Piyo Monday at 6:30pm
RPM Friday at 5:30am
BodyFlow Thursday at 10:00am**

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 BP Diane	5:30 C Beth	9:00 ST/SC Chris	8:30 C&F Jennifer V	5:30 RPM Cammie	
9:15 TS Chris	8:30 C&F Jennifer V		9:00 C Jennifer V	8:30 TB Chris	9:00 BP Cammie
9:45 RPM Diane	9:00 C Jennifer V		10:00 BF Cammie		10:00 BC Cammie
5:30 STEP Christina	5:30 JAM Cammie		5:15 BP Cammie	5:15 Zu/JM Tia/Cammie	
6:30 PiYo Christina	6:30 RPM Cammie	6:30 Y Marcie/Cam	6:15 BC Cammie	6:15 C&F Tia/Cammie	
Club Hours: M - F 5am - 11:00 pm Sat 8am - 8pm Sun Noon - 6pm					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 WWF Chris		10:00 AF Susan B		10:00 AF Chris	10:00 AF Shalea
11:00 AW Susan			11:00 AW Susan		
	5:30 AF Shalea		5:30 AB Shalea		
Childcare Hours: M - F 8am - Noon, 4:00pm - 8pm Sat 8am - Noon Closed Sun					

**CARDIO
&
STRENGTH**

**MIND &
BODY**

WATER

Join us in the Group Fitness Room!

Adult Karate Mon and Wed at 7:45 pm in the KIM room, see front desk for more info.