

# NFC CLARKSVILLE

## JANUARY GROUP FITNESS

Club Hours Monday-Friday 5am-midnight Saturday 8am-6pm Sunday noon-5

Phone: (931) 647-0060



### CLASS DESCRIPTIONS

- BA LESMILLS BODYATTACK  
 BC LESMILLS BODYCOMBAT  
 TB TOTAL BODY  
 BS LESMILLS BODYSTEP  
 BP LESMILLS BODYPUMP  
 Z Zumba  
 C CYCLE

**INTERESTED IN TEACHING GROUP FITNESS CLASSES?**  
 Contact Tiffany Freymoyer at [tiffanyfreymoyer@nfc1.com](mailto:tiffanyfreymoyer@nfc1.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 C Bianca		8:30 C Amanda	8:30  Amanda		8:15  Maura
	9:30  Tiffany	9:30  Maura	9:30  Tiffany	9:30  Cymantha	9:30 TB Tiffany	9:15 C Tiffany
	10:30  Amanda	10:30 TB Tiffany	10:30  Adelaina	10:30 Z Wendy	10:30  Adelaina	10:15  Amy
	4:30  Nichole	4:30 C Lee		4:30 C Bianca		
	5:30  Amy	5:30  Tiffany	5:30  Amanda	5:30  Tiffany	5:30  Amy/Maura	
	6:30 Z Fernanda	6:30  Amanda	6:30 Z Maura			

**Childcare Hours**

Monday - Friday: 8a - 12p, 4p - 8p

Saturday: 8a - 12p

Check the back for class descriptions.

Fitness is a battle...welcome to the front line!

**TODAY IS DAY ONE!**