

# JANUARY GROUP FITNESS SCHEDULE

## NFC MARYVILLE



### CLASS DESCRIPTIONS

**BA-L-Body Attack low**    **Core-** 25min abs/butt/lowback    **PY-** Power Yoga    **AI\_** Aqua Intervals  
**BS-Body Step**    **Flow-BodyFlow**    **Pi/Yo-** Pilates/Yoga    **W-**Water aerobics  
**BC-Body Combat**    **T&S-** Tread & Shed    **Y-**Yoga    **WTH-** Water Therapy  
**BP-Body Pump**    **Jam-** Body Jam    **BY-** Beginner Yoga    **AA-** Aqua Arthritis  
**Spin-cycling class**    **RPM-** cycling class    **AZ-** Aqua Zumba    **BP-E** 45min BP class

(865)268-0012

**No Classes on New Years Day!! Enjoy your Holiday!!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 BP-E <b>Alesia</b>	6:00 RPM <b>Molli</b>	6:00 BP-E <b>Reece</b>	6:00 Spin <b>T</b>	6:00 Spin <b>Damaris</b>	
	8:30 RPM <b>Tiffany</b>	9:00 Core <b>Jenny</b>	8:30 RPM <b>Andi</b>	9:00 Core <b>Kimberly</b>	8:30 Spin <b>Laura</b>	8:30 RPM <b>Laura</b>
	8:30 BA <b>Reece</b>	9:30 Jam <b>Jenny</b>	9:30 BP <b>Andrea</b>	9:30 Z <b>Kimberly</b>	9:00 BC <b>Andrea</b>	8:30 BP <b>Suze</b>
	9:30 BP <b>Reece</b>				10:00 BP <b>Laura</b>	9:30 RPM <b>Suze</b>
	10:30 Z <b>YoYo</b>					9:30 BC <b>Jenny</b>
3:00 Pump <b>Myrna</b>						10:30 Z <b>Kimberly</b>
4:00 RPM <b>Molli</b>						
	5:00 BC <b>Elizabeth</b>		4:30 TS <b>Jorgene</b>	5:30 RPM <b>Molli</b>	4:30 BP <b>Steph B</b>	
	5:15 RPM <b>Suze</b>	6:00 BS <b>Steph H</b>	5:30 CORE <b>Jenny</b>	5:30 BP <b>Damaris</b>	5:30 TS <b>Steph B</b>	
	6:00 BP <b>Elizabeth</b>	5:30 Spin <b>Elanore</b>	6:00 BC <b>Jenny</b>	6:30 Jam <b>Jeff D</b>		
	7:00 Jam <b>Melissa</b>	7:00 Z <b>Alicia</b>	7:00 BP <b>SuZe</b>			

**CARDIO & STRENGTH**

**Childcare Hours: M-F 8am-12pm & 4pm -8pm Sat 8am-12pm Closed Sun**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 Flow <b>Melissa</b>	9:30 Flow <b>Jenny</b>	8:30 Y <b>Leanne</b>		8:30 Y <b>Leanne</b>		
		6:00 Flow <b>Hester</b>	9:30 BY <b>Andi</b>		9:30 Flow <b>Andi</b>	9:30 Y <b>Robert</b>
			5:30 BY <b>Robert</b>	5:30 Flow <b>Jenny</b>		

**MIND/BODY**

**Club Hours: M - F 5am - Midnight Sat 8am - 8pm Sun Noon - 6pm**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 AI <b>Mindy</b>	9:30 W <b>Susie</b>		9:30 AI <b>Susie</b>	9:30 WTH <b>Susie</b>	9:30 W <b>Mindy</b>
	10:30 WTH <b>Mikki</b>					
	6:00 W <b>Malyndia</b>		6:45 AZ <b>Lynn</b>			

**WATER**

**Adult Karate Classes Tuesdays and Thursdays 7pm in the KIM room**