

JANUARY 2012 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
 AZ-Aqua ZUMBA
 EY-Endurance Yoga

STR -Strength Train
 T&S -Tread n Shed
 Y-Yoga
 YQ -Yoqua (in the water)
 ZU- Zumba

B/G Butts & Guts
 core & lower body

Happy NEW YEAR! Let's start the new year with some healthy changes!
NO GROUP FITNESS Classes on Saturday, January 14th-please join us at the NFC in Oak Ridge for the SUPER Launch!!!!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00p BP Steph D. 4:00p RPM Suze 4:00p ZU Sarah L.	5:30a BS JoAnn W 9:00a BP Suzan B 10am ZU Jenn B 4:30p BP Steph B 5:30p T&S Steph B 5:30p ZU Christina D 6:30 S Muna	5:30a BP Steph D. 8:30a C Michelle 9:00a BP April 10am B/G April 5:00p BA Kim Day 5:30p RPM Jorgene 6:00p BP Jenn B.	5:30a S Muna 9:00a S MaryNelle 10am STR MaryNelle 4:30p BP Elizabeth 5:30p BC Elizabeth 5:30p T&S Steph B 6:40p ZU Alicia	5:30a BP Muna 9:00a C Michelle 10am ZU Christina D. 5:00 BS Steph H 6:00 BP Steph H 5:30p RPM Suze 7:00 Jam Myrna	5:30a RPM Muna 9:00a BP Suzan B 10:15a T&S Lisa B 5:00p BP Sarah L. 6:00p BA Myrna	8:15a BP Steph H 9:15a BS Steph H 9:00a T&S Whitney 10:15a ZU Jenn B

CARDIO & STRENGTH

* Classes are held downstairs in the KIM Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a EY Jodi 9:00a GCC MaryNelle* 6:00p BF Whitney		9:00a Y Jodi 9:00a GCC Lynne *	9:00a PY April 6:00p BF Meghan	9:00a Y Jodi 9:00a GCC April *	11am Y Jodi

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
	10am AZ Lynne	6:00p AZ Lynne	10am AZ Lynne	6:00p AZ Lynne	10am 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 AND Thursday's in the KIM room at 6:45 pm, contact the front desk for more info!