

# FEBRUARY 2012 GROUP FITNESS

## NFC MORRISTOWN



### CLASS DESCRIPTIONS

- |                    |                       |                     |                                   |
|--------------------|-----------------------|---------------------|-----------------------------------|
| Abs - Ab Solutions | BS - BodyStep         | TS - Tred-n-Shed    | Z - Zumba                         |
| BA - BodyAttack    | Jam - BodyJam         | C - Cycling         | Flow - BodyFlow                   |
| BC - BodyCombat    | RPM - Aerobic Cycling | WA - Water Aerobics | BPx- BodyPump Express (45 min)    |
| BP - BodyPump      | TT - Triple Threat    | Y - Yoga            | BAX - BodyAttack Express (45 min) |

### *Fitness is a battle....WELCOME TO THE FRONT LINE!!!*

| SUNDAY           | MONDAY           | TUESDAY        | WEDNESDAY        | THURSDAY         | FRIDAY        | SATURDAY      |
|------------------|------------------|----------------|------------------|------------------|---------------|---------------|
|                  |                  |                | 6:00 BPx Sara    |                  | 6:00 BPx Kim  |               |
|                  | 8:30 BA x Lane   | 8:30 BS Patty  | 8:30 TT Michelle | 8:30 BC Michelle |               | 8:30 BC Kim   |
|                  | 9:15 BP Sara     | 9:45 BP Patty  | 9:30 TS* Jamie   | 9:30 C* Jamie    | 9:30 BA Lane  | 9:45 BP Kim   |
| 1:15 RPM* Bobbie | 10:30 Z Jane     |                | 10:00 Z Jane     | 9:45 BP Patty    | 10:30 Z Jane  |               |
| 2:00 BP Sara     |                  |                |                  |                  |               | 11:00 Z Kathy |
| 3:00 Jam Cammie  |                  |                | 5:30 BA Lane     |                  |               |               |
|                  | 5:30 RPM* Bobbie | 5:30 Jam Aya   | 5:30 RPM* Bobbie | 5:30 BP Kim      | 5:30 BC Angie |               |
|                  | 5:30 BS Sheila   | 5:30 TS* Jamie | 6:00 Abs** Angie | 6:30 TS Angie    |               |               |
|                  | 6:00 Abs** Angie | 6:30 BP Kim    | 6:30 BC Angie    | 6:30 BS Sheila   |               |               |
|                  | 6:30 BC Aya      | 7:45 Z Kathy   | 7:45 BP Cammie   | 7:45 Z Kathy     |               |               |

**CARDIO & STRENGTH**

\*RPM, C & TS require a 15 minute sign-in prior to class

\*\*Mon Abs in Multi-Purpose Room \*\*Wednesday Abs in KIM Room

| SUNDAY           | MONDAY         | TUESDAY         | WEDNESDAY         | THURSDAY        | FRIDAY        | SATURDAY |
|------------------|----------------|-----------------|-------------------|-----------------|---------------|----------|
|                  |                |                 |                   |                 | 8:30 Y Kim B. |          |
| 4:00 Flow Cammie | 5:30 Y Marlene |                 | 12:00 Flow Cammie |                 |               |          |
|                  |                | 7:30 PiYo Andee |                   | 6:30 PiYo Andee |               |          |

**MIND/BODY**

Club hours: Mon-Fri 5am-Midnight Sat 8am-8pm Sun Noon-6pm Telephone#: (423)317-3337

|  |             |             |             |             |             |  |
|--|-------------|-------------|-------------|-------------|-------------|--|
|  | 9:30 WA Jan | 9:30 WA Jan | 9:30 WA Jan | 9:30 WA Jan | 9:30 WA Jan |  |
|--|-------------|-------------|-------------|-------------|-------------|--|

**WATER**

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

Adult Karate on Monday @ 6:30 p.m. and Wednesday @ 6:00 p.m. in the Mind/Body Room