

JANUARY 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

Club Closed on New Year's Day!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00 BPx Sara			
	8:30 BA Lane	8:30 BS Patty	8:30 TT Michelle	8:30 BC Michelle		8:30 BC Kim
	9:30 BP Sara	9:45 BP Patty	9:30 TS* Jamie	8:30 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 RPM* Bobbie	5:30 Jam Aya	5:30 BA Lane	5:30 BP Kim		
	5:30 BS Sheila	5:30 TS* Jamie	5:30 RPM* Bobbie	6:30 TS Angie	5:30 BC Angie	
	6:00 Abs** Angie	6:30 BP Kim	6:00 Abs** Angie	6:30 BS Sheila		
	6:30 BC Aya	7:45 Z Kathy	6:30 BC Angie	7:45 Z Kathy		
*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		
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	
Childcare Hours: M - F 8am - 12pm, 4pm - 8pm Sat 8am - 12pm Closed Sun						

CARDIO & STRENGTH

MIND/BODY

WATER

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