

# JANUARY GROUP FITNESS

## NFC OAK RIDGE



### CLASS DESCRIPTIONS

AP-Aqua Pilates

B&B-Balls & Bands

BA-Body Attack

B&B-Balls & Bands

BM-Body Menders/Pilates

BS-Body Step

BC-Body Combat

BP-Body Pump

BPx- Body Pump Express

CA-Cardio Aqua

GCC-Gentle Cardio Conditioning

C- Cycling

DW-Deep Water

FA-Firm Assets

RPM- cycling class

Flow-BodyFlow

Jam- Body Jam

P-Pilates

Pi/Flow-Pilates/Flow

S/T-Strength Training

SW-Shallow Water

T&S-Tred n Shed

KY-Kundalini Yoga

Y-Yoga

ZU-Zumba

**Classes start January 2nd. Super Saturday Launch event: January 14th in the gym!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 C* Tanya			8:30 abs Geena	6:00 BPx Jillian	
	8:30 ST Danya	8:30 abs Geena	8:30 FA Danya	9:00 TS Jennifer		8:15 BP* Lorie
	9:00 C* Geena	9:10 BC Jessica	9:00 BA Holly	9:00 Jam Jessica	9:00 C* Geena	9:15 RPM Danya
	9:00 Jam Kenny	10:15 GCC Jessica	10:00 BP* Holly	10:15 GCC Rachel	9:00 ZU Valerie	9:15 BC Melissa
3:00 BP* Elizabeth	10:00 BP* Geena	12:00 BPx Muna		12:00 BPx Geena	10:00 BP* Christian	10:30 BP* Melissa
4:00 ZU Valerie		1:30 BM/P Frances (1.5 hour class)		1:30 BM/P Frances (1.5 hour class)		
	4:30 BA Jessica					
	5:30 RPM Hayley	4:30 BP* Christian	4:30 BS Sharon	4:30 BP Andrea	4:30 BP* Hayley	
	5:30 Jam Melissa	5:30 BS Elizabeth	5:30 BP* Jillian	5:30 BC Jillian	5:30 Jam Christian	
	6:35 BP* Melissa	6:30 ZU Courtney	6:35 BA Jillian	6:35 B&B Tanya		

**CARDIO & STRENGTH**

# Classes are held downstairs in the KIM Room

\* Requires sign-in 15 minutes before class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:15 P Geena	9:00 Y Danya	9:15 Pi/Flo Geena	10:15 KY Kas	
	5:30 KY# Kas	5:30 Flow Lorie	5:30 P# Frances	5:30 PiYo# Janice		10:30 Flow Danya
			5:30 Y Caroline			

**MIND/BODY**

**Club Hours:**

**M - F 5am - Midnight**

**Sat 8am - 8pm**

**Sun Noon - 6pm**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 DW Kim P.		9:00 SW Kim P.	9:00 AP Kim P.	9:00 CA Liz	
	10:00 AP Kim P.					10:00 CA Liz
		6:00 AF Liz		6:30 AF Liz		

**WATER**

**Childcare Hours: M - F 8am - 12pm, 4pm - 8pm**

**Sat 8am - 12pm Closed Sun**

**483-6868**