

JANUARY 2012 GROUP FITNESS

NFC SEVIERVILLE



CLASS DESCRIPTIONS

AB -Aqua Box	C-Cycle	TS -Tread n Shed	F.I.T.-Fitness/Interval/Training
AF -Aqua Fit	HC-Hard"Core"	Y-Yoga	
AQ-Arthritis Aqua	PiYo-Pilates/Yoga	ZUM-Zumba	
BF-Body Flow	PF-PowerFlex		
BC-BodyCombat	STEP-Step		

HAPPY 2012!!!

**This is your year! Start it off right, join a Group Fitness class.
New in January-Evening cycle!!! 5:30pm every Tuesday.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 C Beth				
	8:30 HC Jen	8:30 PF Cammie	8:30 HC Jen	8:30 F.I.T. Cammie	
9:00 TS Cammie/Marcie	9:00 C Jen	(18th) Yosephine	9:00 C Jen	(13th,20th,27th) Jen	8:45 PF Yosephine/Cammie
10:00 Y Cammie/Marcie	10:00 ZUM Yosephine	(25th) Jen			10:00 ZUM Yosephine/Cammie
	11:00 PF Yosephine				11:00 Y Marcie
5:30 STEP Tia					
Note:16th-5:30pm will be PF	5:30 C Cammie		5:30 ZUM Yosephine		
6:30 ZUM Tia	6:30 Y Teresa	6:30 Y Marcie	6:30 PF Yosephine		
7:45 Adult Karate		7:45 Adult Karate	6:30 PiYo Amy		

Club Hours:

M - F 5am - 11:00 pm

Sat 8am - 8pm

Sun Noon - 6pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 AQ Susan S		10:00 AF Cammie	11:00 AQ Susan S	10:00 AF Cammie	
		Note:AF cancelled 18th & 25th		Note:AF cancelled 13th,20th&27th	
5:30 AB Shalea		5:30 AF Shalea			

Childcare Hours:

M - F 8am - Noon, 4:00pm - 8pm

Sat 8am - Noon

Closed Sun

****Please see changes noted on schedule for class/instructor changes and Aqua class cancellations.**