

JUNE 2019 GROUP FITNESS

MARYVILLE NFC



CLASS DESCRIPTIONS

AI-Aqua Intervals
 AZ-Aqua Zumba
 BA-BODYATTACK
 BC-BODYCOMBAT
 BF-BODYFLOW
 BP-BODYPUMP

BP-E-45 min BP
 C-Freestyle Cycling
 CX-CXWORX
 GY-Gentle Yoga
 P-Pilates
 RPM-Aerobic Cycling

TS-Tread & Shed
 TS-E-30 min TS
 W-Water Aerobics
 WTH- Water Therapy
 WY-Water Yoga
 Y-Yoga

Z-Zumba

(865)268-0012

WELCOME to our NEW members from Gold's Gym Alcoa!!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 BP-E Alesia 8:30 C Eleanore 8:30 BC Lauren 9:30 BP Lauren	6:00 C Tony 9:30 Z Natalie 9:35 TS Mandy	6:00 BP-E Reece 8:30 C Liz 8:30 BA Mandy 9:30 BP Jessica	6:00 C Joe 9:00 CX Amy 9:30 Z Natalie 9:30 TS Lauren	6:00 BP-E Reece 8:00 TS-E Lauren 8:30 BP-E Lauren 8:30 C Tammy 9:15 CX Amy 9:45 BC Amy	8:30 BP Elizabeth 9:30 BC Elizabeth 9:30 C Mike/Katie 10:30 Z Anna
2:00 BP Amanda	5:00 CX Amy 5:30 BC Steph D 5:30 RPM Katie 5:45 TS Amy 6:30 BP Amanda	5:30 BA-E Jennifer 5:30 C Eleanore 6:35 Z Melissa G	4:30 BP Lauren 5:30 BC Lauren	5:30 BP Team 5:30 C Tammy 6:35 Z Natalie	6:00 TS Jennifer	

CARDIO & STRENGTH

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 BF Melissa W	8:30 Y Lynn 5:30 Y Robert	8:30 BF Mandy 5:45 BF Melissa W	9:30 GY Lynn 5:30 GY Jan	8:30 Y Lynn 5:45 BF Melissa W	9:30 BF Melissa W	9:30 Y Mary

MIND/BODY

Club Hours: M - F 5am - Midnight Sat 8am - 8pm Sun Noon - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 AI Mindy 6:30 W Malyndia	9:30 AI Susie	9:30 WTH Susie 6:30 W Naomi	9:30 AI Naomi	9:30 WTH Susie	9:30 W Naomi

WATER

***Adult Karate Classes Tuesdays and Thursdays 7pm in the KIM room**

