



GROUP FITNESS

JANUARY NFC MARYVILLE

(865)268-0012

CLASS DESCRIPTIONS

AI-Aqua Intervals BC-E-45 min BC BP-E-45 min BP LM Core-30 min core conditi TS-E-30 min TS Zumba HF - HIGH Fitness
 BA-BODYATTACK BF-BODYFLOW C-Freestyle Cycling TS-Tread & Shed RY - Restorative Yoga W-Water Aerobics
 BA-E-45 min BA BF-E-45 min BF Dance-Hip Hop Sprint-30 min cycle VY - Vinyasa Yoga WTH- Water Therapy
 BC-BODYCOMBAT BP-BODYPUMP GRIT C-30 min HIIT Cardio GRIT S-30 min HIIT Strength Y-Yoga RPM-E - 30 min RPM

Les Mills Launch January 22nd - Summer Bodies are Made in the Winter

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 BP-E Alesia	6:00 C Joe	6:00 BP-E Reece	6:00 C Joe	6:00 BP-E Reece	
	8:30 C Tammy W	8:00 Grit - C Mandy	8:30 C Karrie	8:00 Grit - S Lauren	8:00 TS-E Lauren	8:30 BP Elizabeth
	8:30 BC Lauren	8:45 <u>LM Core</u> Kylie	8:30 BA Mandy	8:30 Sprint Deborah	8:30 BP-E Lauren	9:30 BC Elizabeth
	9:30 BP Kimberlie	9:35 TS Mandy	9:30 BP Lauren	9:00 <u>LM Core</u> Melinda	8:30 C Tammy W	9:30 C Team
		9:30 Z Kimberlie		9:30 Z Kimberlie	9:15 BA-E Melinda	10:30 Z Natalie
1:15 TS Teresa				9:35 TS Lauren		
2:00 BP Ashley	5:00 <u>LM Core</u> Kylie					
	5:30 HF Melody	5:30 C Teresa	4:15 BP Lisa			
	5:30 RPM Katie S	5:30 BA-E Melinda	5:15 <u>LM Core</u> Lisa	5:45 TS Kylie		
	5:45 TS Kylie	6:35 Z Melissa G	5:50 BC-E Jo	6:00 BP-E Kimberlie		
	6:30 BP Jacinda			6:45 Dance Melissa G		

CARDIO & STRENGTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 BF Melissa W	8:30 <u>RY</u> Kaysee	6:00 <u>BF</u> Reece	8:30 <u>VY</u> Kaysee	8:30 <u>BF</u> Mandy		
		8:35 <u>BF</u> Mandy			9:30 <u>BF</u> Melissa W	9:30 <u>Y</u> Team
		6:00 <u>BF</u> Melissa W		6:00 <u>BF</u> Jennifer		

MIND/BODY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 <u>AI</u> Garnett	9:30 <u>AI</u> Garnett	9:30 <u>WTH</u> Susie	9:30 <u>AI</u> Garnett	9:30 <u>WTH</u> Susie	9:30 <u>W</u> Susie
	6:30 <u>W</u> Malyndia					

WATER

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

Underline denotes Forever Fit Series--Great option for senior members!