

NFC CLARKSVILLE

August Group Fitness

Club Hours Monday-Friday 5am-midnight Saturday 8am-6pm Sunday noon-6pm

* half hour class

Phone: (931) 647-0000



CLASS DESCRIPTIONS

BA LES MILLS BODYATTACK	BP LES MILLS BODYFLOW	BS LES MILLS BODYSTEP	RPM LES MILLS RPM
BC LES MILLS BODYCOMBAT	BD BellyDancing	PiYo Pilates & Yoga	TC Techniq
BP LES MILLS BODYPUMP	C Cycle	JAM LES MILLS BODYJAM	Z Zumba

INTERESTED IN TEACHING GROUP FITNESS CLASSES?

Contact Jennifer Gaylord at jennifergaylord@nfc1.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:30 LES MILLS BODYFLOW Rachel	8:30 LES MILLS RPM Rachel			
	9:30 LES MILLS BODYPUMP Jen	9:30 LES MILLS BODYATTACK Maura	9:30 LES MILLS BODYPUMP Rachel	9:30 LES MILLS BODYCOMBAT Jen	9:30 BD Kariny	9:30 LES MILLS BODYSTEP Jen
	10:30 Z Rachel		10:30 LES MILLS BODYATTACK Team	10:30 LES MILLS BODYFLOW Jen		
	4:30 LES MILLS BODYATTACK Rachel	4:30 LES MILLS BODYSTEP Jen		4:30 Z team		
	5:30 LES MILLS BODYSTEP Jen	5:30 LES MILLS BODYPUMP Amy	5:30 LES MILLS BODYATTACK Amy	5:30 LES MILLS BODYPUMP Mau/Tif	5:30 Z Adelaina	
	6:30 C Diana	6:30 LES MILLS BODYCOMBAT Jen	6:30 Z Samantha	6:30 Piyo Yvette		

Childcare Hours

Monday - Friday: 8a - 12p, 4p - 8p

Saturday: 8a - 12p

Check the back for class descriptions.

Body Combat Initial Training September 17-

ILLE

tness

3am-6pm Sunday noon-5

Phone: (931) 647-0060

ONS

STEP

RPM



ates & Yoga

TC Technique Class

LES MILLS BODYJAM

Z Zumba

UP FITNESS CLASSES?

nifergaylord@nfc1.com

SDAY FRIDAY SATURDAY

IBAT Jen	9:30	BD	Kariny	9:00	C	Lee
LOW Jen	10:30	LES MILLS BODYSTEP Jen		10:00	LES MILLS BODYPUMP team	
team				11:00	Z	team
IP Mau/Tif	5:30	Z	Adelaina			
Yvette						

Saturday: 8a - 12p

September 17-19