

NFC CLARKSVILLE

September Group Fitness

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

* half hour class

Phone: (931) 647-0000



CLASS DESCRIPTIONS

BA LESMILLS BODYATTACK	BF LESMILLS BODYFLOW	BS LESMILLS BODYSTEP	RPM LESMILLS RPM
BC LESMILLS BODYCOMBAT	BD BellyDancing	PiYo Pilates & Yoga	
BP LESMILLS BODYPUMP	C Cycle	Z ZUMBA	

INTERESTED IN TEACHING GROUP FITNESS CLASSES?

Contact Jennifer Gaylord at jennifergaylord@nfc1.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 RPM Jen	8:30 BODYFLOW Rachel	8:30 RPM Rachel			
	9:30 BODYPUMP Rachel	9:30 BODYATTACK Rachel	9:30 BODYPUMP Jen	9:30 BODYCOMBAT Jen	9:30 BD Kariny	9:30
	10:30 Z Maura		10:30 BODYATTACK Rachel	10:30 BODYFLOW Jen	10:30 BODYSTEP Jen	10:30
	4:30 BODYATTACK Amy	4:30 BODYSTEP Jen/Ade		4:30 Z Kariny		
	5:30 BODYSTEP Jen	5:30 BODYPUMP Amy	5:30 BODYATTACK Maura	5:30 BODYPUMP Lauren	5:30 BODYCOMBAT Jen	
	6:30 C Lauren	6:30 BODYCOMBAT Jen	6:30 Z Samantha	6:30 Piyo Yvette	6:30 Z Rachel	

Childcare Hours

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

Saturday: 8a - 12p

Check the back for class descriptions.

Body Combat Initial Training September 17-

LES MILLS Fitness

8am-6pm Sunday noon-5

Phone: (931) 647-0060

ONS

STEP

RPM



ates & Yoga

BA

UP FITNESS CLASSES?

nifergaylord@nfc1.com

SDAY	FRIDAY	SATURDAY
<p>IBAT Jen</p> <p>LOW Jen</p> <p>Kariny</p> <p>IP Lauren</p> <p>Yvette</p>	<p>9:30 BD Kariny</p> <p>10:30 Jen</p> <p>5:30 Jen</p> <p>6:30 Z Rachel</p>	<p>9:00 C Lee</p> <p>10:00 Maura</p> <p>11:00 Z Kariny</p>

Saturday: 8a - 12p

September 17-19