

# AUGUST 2010 GROUP FITNESS NFC TAZEWELL



AQ-Water Classes  
BA-BodyAttack  
BC-BodyCombat  
BP-BodyPump  
BF-BodyFlow

BS-BodyStep  
BY-Beginning Yoga  
C-Cycle  
GCC-Gentle Cardio Condition  
Jam-BodyJam

## CLASS DESCRIPTIONS

PY-Pilates/Yoga  
RPM-Cardio Cycle  
S-Step

ST -Strength Train  
T&S -Tread n Shed  
Y-Yoga  
YQ -Yoqua (in the water)  
ZU- Zumba

**ZUMBA!!..Has Arrived!!! Check this latest craze out, Wednesdays @ 6:30pm**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30a S <b>MaryNelle</b>	5:30a BP <b>Steph D.</b>	5:30a S <b>Muna</b>	5:30a BP <b>Muna</b>	5:30a RPM <b>Muna</b>	
	9:00a BS <b>Suzan B</b>	8:15a RPM <b>Diane</b>	9:00a S <b>MaryNelle</b>	9:00a BP <b>April</b>	9:00a BP <b>Diane</b>	8:00a BP <b>Jillian</b>
3:00p RPM <b>Heather B</b>	10:00a BP <b>Suzan B</b>	9:00a BP <b>April</b>	9:00a C <b>Michelle</b>	10:15a T&S <b>Wendy</b>	10:15a T&S <b>Diane</b>	9:00a BS <b>Stephanie</b>
3:00p BP <b>Sharon T</b>		10:00a BA <b>Andrea</b>	10:00a ST <b>MaryNelle</b>			9:00a T&S <b>Whitney</b>
4:00p BC <b>Allyson</b>						
	4:30p BP <b>Wendy</b>		4:30p BP <b>Elizabeth</b>	4:30p BS <b>Sharon T.</b>		
	5:30p T&S <b>Kimberly</b>	4:30p BA <b>Kim Day</b>	5:30p BC <b>Elizabeth</b>	5:30p RPM <b>Wendy</b>	5:45p BA <b>Myrna</b>	
	5:30p RPM <b>Jorgene</b>	5:30p BP <b>Stephanie</b>	5:30p T&S <b>Kimberly</b>	5:30p BP <b>Myrna</b>		
	6:30 S <b>Muna</b>	6:30p BS <b>Stephanie</b>	6:30p ZU <b>Alicia</b>	6:30p Jam <b>Myrna</b>		

**CARDIO & STRENGTH**

**\* Classes are held downstairs in the KIM Room**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a Y <b>Jodi</b>	10:15a PY <b>April</b>	9:00a Y <b>Jodi</b>	10:15a PY <b>April</b>	9:00a Y <b>Jodi</b>	
	9:00a GCC <b>MaryN *</b>		9:00a GCC <b>Lynne *</b>			11:00a Y <b>Jodi</b>
5:00p Y <b>Danyl</b>	6:00p BF <b>Whitney</b>		5:30p BF <b>Jorgene</b>	6:00p Y <b>Sarah R</b>		

**MIND/BODY**

**Club Hours: Opens Mon 5am M - F 24 HOURS Closes Fri Midnight Sat 7am - 8pm Sun Noon - 8pm**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00a AQ <b>Lynne</b>		10:00 AQ <b>Lynne *</b>		10:00a YQ <b>April</b>	

**WATER**

**Childcare Hours: M - F 8am - Noon M - T 4pm - 9pm F- 4pm-8pm Sat 8am - Noon Sun 3pm-6pm**

Adult Karate Class on Tuesday's in the KIM room at 6:45 pm, contact the front desk for more info

