

# AUGUST GROUP FITNESS

## NFC OAK RIDGE



### CLASS DESCRIPTIONS

AF-Aqua Fit	BM-Body Menders/Pilates	GCC-Gentle Cardio Conditioning		
AI-Aqua Intervals	BS-Body Step	CA-Cardio Aqua	Flow-BodyFlow	T&S-Tred n Shed
AP-Aqua Pilates	BC-Body Combat	C- Cycling	Jam- Body Jam	KY-Kundalini Yoga
AZ-Aquatic Zumba	BP-Body Pump	FA-Firm Assets	P-Pilates	Y-Yoga
B&B-Balls & Bands		RPM- cycling class	PiYo-Pilates & Yoga	Y90-90 min yoga
BA-Body Attack			S/T-Strength Training	ZU-Zumba

**Welcome Zumba and Kundalini Yoga to the schedule!!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 C* Tanya	6:00 T&S Becky	5:30 BP* Valerie		6:00 C* Lorie	
	9:00 RPM Becky	9:00 BC Jessica	8:30 FA Becky	8:30 abs Becky		8:15 BP* Lorie
	9:00 Jam Danya	10:15 GCC Jessica	9:00 BA Holly	9:00 T&S Becky	9:00 C* Becky	9:15 RPM Danya
	10:00 S/T Danya	12:00 BP* Becky	10:00 BP* Holly	10:15 GCC Rachel	9:00 ZU Valerie	9:15 BC Melissa
3:00 BA Elizabeth		1:30 BM/P Frances		12:00 RPM Geena	10:00 BP* Geena	10:30 BP* Melissa
4:00 BP* Elizabeth		(1.5 hour class)		1:30 BM/P Frances		
	4:30 BA Jessica		4:30 BS Sharon	(1.5 hour class)		
	5:30 C* Geena	5:30 B&B Tanya	5:30 BP* Lorie	4:30 BP* Christian	4:30 BP* Kenny	
	5:30 Jam Melissa	6:30 ZU Valerie	5:30 RPM Suze	5:30 BS Elizabeth	5:30 Jam Kenny	
	6:30 BP* Melissa		6:35 BC Jillian			

**CARDIO & STRENGTH**

# Classes are held downstairs in the KIM Room

\* Requires sign-in 15 minutes before class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:15 P Geena	9:00 Y Danya		9:00 Flow Geena	10:15 KY Kas	
		4:30 P Tanya				10:30 Flow Danya
	5:30 Y Amber	5:30 Flow Lorie	5:30 P Frances	5:30 PiYo Janice	5:30 Y90 Amber	

**MIND/BODY**

Club Hours:

M - F 5am - Midnight

Sat 8am - 8pm

Sun Noon - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 AF Kim P.	9:00 AZ Kim P.	9:00 AI Kim P.	9:00 AP Kim P.	9:00 AF Liz	
	10:00 AP Kim P.					9:00 CA Amber
		6:00 AF Liz				10:00 AF Liz

**WATER**

Childcare Hours: M - F 8am - 12pm, 4pm - 8pm Sat 8am - 12pm Closed Sun 483-6868