

# august 2010 group fitness

## NFC SEVIERVILLE



### CLASS DESCRIPTIONS

AB -Aqua Box

AF -Aqua Fit

BF-Body Flow

BC-BodyCombat

BP -BodyPump

C -Cycle

C&F -Core & Floor

AW-Arthritis Water Exercise

JM - BodyJam

WB- WeightBlast

STEP - Step

ST/SC Step-n-Sculpt

TB- Total Body

T&S -Tread n Shed

Y -Yoga

RPM CardioCycle

Zu Zumba

**New morning Yoga/pilates class 1 hrs: BodyFlow at 10:00 am**  
**Come dance with us! Tuesdays at 5:30pm Fridays 5:15pm**  
**Evening PiYo class added Mondays at 6:30 pm**

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 BP Diane	5:30 C Beth				
9:15 TS Chris	8:30 C&F Jennifer V	9:00 ST/SC Chris	8:30 C&F Jennifer V	8:30 TB Chris	
9:45 RPM Diane	9:00 C Jennifer V		9:00 C Jennifer V		9:00 BP Cammie
			10:00 BF Cammie		10:00 BC Cammie
5:30 STEP Christina	5:30 JAM Cammie	5:30 BC Cammie	5:15 BP Cammie	5:15 Zu/JM Tia/Cammie	
6:30 PiYo Christina	6:30 RPM Cammie	6:30 Y Marcie/Cam	6:15 BC Cammie	(with added stretch & corework)	
<b>Club Hours: M - F 5am - 11:00 pm Sat 8am - 8pm Sun Noon - 6pm</b>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 WWF Chris		10:00 AF Susan B		10:00 AF Chris	10:00 AF Shalea
11:00 AW Susan			11:00 AW Susan		
	5:30 AF Shalea		5:30 AB Shalea		
<b>Childcare Hours: M - F 8am - Noon, 4:00pm - 8pm Sat 8am - Noon Closed Sun</b>					

**CARDIO  
&  
STRENGTH**

**MIND &  
BODY**

**WATER**

**Join us in the Group Fitness Room!**

Adult Karate Mon and Wed at 7:45 pm in the KIM room, see front desk for more info.