

MARCH GROUP FITNESS

NFC OAK RIDGE



CLASS DESCRIPTIONS

AF-Aqua Fit	BM-Body Menders/Pilates	GCC-Gentle Cardio Conditioning	Flow-BodyFlow	S/T-Strength Training
AI-Aqua Intervals	BS-Body Step	CA-Cardio Aqua	Jam- Body Jam	T&S-Tred n Shed
AP-Aqua Pilates	BC-Body Combat	C- Cycling	P-Pilates	Y-Yoga
B&B-Balls & Bands	BP-Body Pump	FA-Firm Assets	PiYo-Pilates & Yoga	
BA-Body Attack				
BA-L-Body Attack-Low				

New Cycle Class on Monday Nights at 5:30! Yoga Sunday's at 4:30!

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

CARDIO & STRENGTH

Classes are held downstairs in the KIM Room

* Requires sign-in 15 minutes before class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 Y Amber	10:15 P Rachel	9:00 Y Danya		9:00 Flow Geena	10:15 Y Amber	
(KIM room downstairs)	5:30 Y Amber	4:30 P Tanya	5:30 Y Amber	5:30 PiYo Janice	5:30 P Kim P	10:30 Flow Danya
		5:30 Flow Lorie	5:30 P Frances			(KIM room downstairs)
			(KIM Room)			

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 AP Kim P.	9:00 AF Liz	
	10:00 AP Kim P.		10:15 AI 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

TEEN KARATE-TUESDAY 6:45-7:45PM

Yoga room is in use Mon & Fri 11:30 -12:00 and Tues & Thurs 10:30-11:00 for PT department