

SEPTEMBER GROUP FITNESS

NFC MARYVILLE



AP-Aqua Pilates
BA-Body Attack
BS-Body Step
BC-Body Combat
BP-Body Pump

C- Cycling
RPM- cycling class
Flow-BodyFlow
FS-Freestyle step
Jam- Body Jam

P-Pilates
TS-Tred n Shed
W-Water
Y-Yoga
ZU-Zumba

CLASS DESCRIPTIONS

Phone (865)268-0012

Please enjoy our trial schedule. Full schedule of classes beginning October 1st.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	SATURDAY 18
				9:30 BC Jenny 4:30 BP Therese 5:30 Y Amber 5:30 FS Caroline 6:30 BA April	9:00 BP Geena 10:00 BA Kim D 10:15 Flow Andi 5:30 BC Elizabeth	9:00 BP Jorgene 10:00 Y Robert 10:00 Jam Jenny 10:15 TS Jorgene
19	20	21	22	23	24	25
4:00 BP Clarissa 5:00 BA Clarissa	9:00 BP Geena 10:00 Flow Geena 10:00 W Mindy 5:30 Y Robert 5:30 BC Elizabeth 6:00 W Cecelia 6:30 BP Elizabeth	6:00 BP Missie 8:30 BA Lisa 9:30 BP Lisa 10:00 W Susie 10:15 P Rachel 4:30 BS Mary 5:30 BP April 5:30 Flow Mary	9:30 Jam Jenny 5:30 BA Reece 6:00 W Susie 6:30 BP Reece	9:30 BC Jenny 10:00 W Susie 4:30 BP Steph D 5:30 Y Amber 5:30 FS Caroline 6:30 Jam Melissa W	LAUNCH WEEKEND 9:00 BS team 10:00 BP team 10:00 W Mindy 4:30 BC team 5:45 Jam team	LAUNCH WEEKEND 8:15 BA team 9:25 BP team 9:30 W Kim P 10:30 ZU Alicia 10:30 Flow team 10:30 AP Kim P 10:30 TS Diane
26	27	28	29	30		
4:00 BP Clarissa 5:00 BA Clarissa	9:00 BP Geena 10:00 Flow Geena 10:00 W Mindy 5:30 Y Robert 5:30 BC Elizabeth 6:30 BP Elizabeth	8:30 BP Laura 9:30 BC Jenny 10:00 W Susie 10:15 P Rachel 4:30 BS Mary 5:30 BP April 5:30 Flow Mary	9:30 Jam Jenny 10:00 Y Therese 5:30 Flow Therese 5:30 BA Reece 6:00 W Susie 6:30 BP Reece	9:30 BA Kim D 10:00 W Susie 4:30 BP Therese 5:30 Y Amber 5:30 FS Caroline 6:30 Jam Melissa W		
<p>Club Hours: M - F 5am - Midnight Sat 8am - 8pm Sun Noon - 6pm Childcare Hours: M - F 8am - 12pm, 4pm - 8pm Sat 8am - 12pm Closed Sun</p>						

