

# FEBRUARY 2012 GROUP FITNESS

## NFC - TAZEWELL



### CLASS DESCRIPTIONS

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

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

PY-Pilates/Yoga  
 RPM-Cardio Cycle  
 S-Step  
 AZ-Aqua ZUMBA  
 EY-Endurance Yoga

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

B/G Butts & Guts  
 core & lower body

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00p BP <b>Steph D</b> 4:00p RPM <b>Suze</b> 4:00p ZU <b>Sarah L</b>	5:30a BS <b>JoAnn W</b> 9:00a BP <b>Suzan B</b> 10am ZU <b>Jenn B</b>  4:30p BP <b>Steph B</b> 5:30p T&S <b>Steph B</b> 5:30p ZU <b>Christina D</b> 6:30 S <b>Muna</b>	5:30a BP <b>Steph D.</b> 8:30a C <b>Michelle</b> 9:00a BP <b>April</b> 10am B/G <b>April</b>  5:00p BA <b>Kim Day</b> 5:30p RPM <b>Jorgene</b> 6:00p BP <b>Jenn B.</b>	5:30a S <b>Muna</b> 9:00a S <b>MaryNelle</b> 10am Core <b>MaryNelle</b>  4:30p BP <b>Elizabeth</b> 5:30p BC <b>Steph D</b> 5:30p T&S <b>Steph B</b> 6:40p ZU <b>Alicia</b>	5:30a BP <b>Muna</b> 9:00a C <b>Michelle</b> 10am ZU <b>Christina D.</b>  5:00 BS <b>Sharon</b> 6:00 BP <b>Jillian</b> 7:00 Jam <b>Myrna</b>	5:30a RPM <b>Muna</b> 9:00a BP <b>Suzan B</b> 10:15a T&S <b>Lisa B</b>  5:00p BP <b>Sarah L</b> 6:00p BA <b>Myrna</b>	8:15a BP <b>Suzan B</b> 9:15a BS <b>Suzan B</b> 9:00a T&S <b>Whitney</b> 10:15a ZU <b>Jenn B</b>
* Classes are held downstairs in the KIM Room						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00a EY <b>Jodi</b> 9:00a GCC <b>MaryNelle*</b>  6:00p BF <b>Whitney</b>		9:00a Y <b>Jodi</b> 9:00a GCC <b>Lynne *</b>	9:00a PY <b>April</b>  6:00p BF <b>Meghan</b>	9:00a Y <b>Jodi</b> 9:00a GCC <b>April *</b>	11am Y <b>Jodi</b>
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
	10am AZ <b>Lynne</b>	6:00p AZ <b>Lynne</b>	10am AZ <b>Lynne</b>	6:00p AZ <b>Lynne</b>	10am YQ <b>April</b>	
Childcare Hours: M - F 8am - Noon M - T 4pm - 9pm F- 4pm-8pm Sat 8am - Noon Sun 3pm-6pm						

CARDIO & STRENGTH

MIND/BODY

WATER

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