

FEBRUARY GROUP FITNESS

NFC OAK RIDGE



CLASS DESCRIPTIONS

AP-Aqua Pilates	BS-Body Step	GCC-Gentle Cardio Conditioning	C- Cycling	Flow-BodyFlow	SW-Shallow Water
B&B-Balls & Bands	BC-Body Combat	DW-Deep Water	Jam- Body Jam	T&S-Tred n Shed	
BA-Body Attack	BP-Body Pump	FA-Firm Assets	P-Pilates	KY-Kundalini Yoga	
B&B-Balls & Bands	BPx- Body Pump Express	RPM- cycling class	Pi/Flow-Pilates/Flow	Y-Yoga	
BM-Body Menders/Pilates	CA-Cardio Aqua		S/T-Strength Training	ZU-Zumba	

New Yoga class Monday Mornings at 10:15!

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

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 Y Caroline	9:15 P Geena	9:00 Y Danya	9:15 Pi/Flo Geena	10:15 KY Kas	
	5:30 KY# Kas	5:30 Flow Lorie	5:30 P# Frances	5:30 PiYo Janice		10:30 Flow Danya
			5:30 Y Caroline			

MIND/BODY

Club Hours:

M - F 5am - Midnight

Sat 8am - 8pm

Sun Noon - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 DW Kim P.		9:00 SW Kim P.	9:00 AP Kim P.	9:00 CA Liz	
	10:00 AP Kim P.					10:00 CA Liz
		6:00 AF Liz		6:30 AF Liz		

WATER

Childcare Hours: M - F 8am - 12pm, 4pm - 8pm

Sat 8am - 12pm Closed Sun

483-6868