

# FEBRUARY 2012 GROUP FITNESS

## NFC SEVIERVILLE



### CLASS DESCRIPTIONS

AB -Aqua Box	C-Cycle	TS -Tread n Shed	F.I.T.-Fitness/Interval/Training
AF -Aqua Fit	HC-Hard"Core"	Y-Yoga	
AQ-Arthritis Aqua	PiYo-Pilates/Yoga	ZUM-Zumba	
BF-Body Flow	PF-PowerFlex		
BC-BodyCombat	STEP-Step		

**Love your heart-in February!!!**  
**Reduce heart disease risks with lifestyle changes during American Heart Month**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 C Beth				
	8:30 HC Jen	8:30 PF Jen	8:30 HC Jen	8:30 F.I.T. Jen	
9:00 TS Marcie	9:00 C Jen	6:30 Y Marcie	9:00 C Jen		8:45 PF Yosephine/Cammie
10:00 Y Marcie	10:00 ZUM Yosephine		5:30 ZUM Yosephine		10:00 ZUM Yosephine/Cammie
5:30 STEP Tia	11:00 PF Yosephine		6:30 PF Yosephine		11:00 Y Marcie
6:30 ZUM Tia	5:30 C Cammie		6:30 PiYo Amy		
	6:30 Y Teresa				
7:45 Adult Karate		7:45 Adult Karate			
<b>Club Hours:</b>		<b>M - F 5am - 11:00 pm</b>		<b>Sat 8am - 8pm</b>	
				<b>Sun Noon - 6pm</b>	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 AQ Susan S			11:00 AQ Susan S		
5:30 AB Shalea		5:30 AF Shalea			
<b>Childcare Hours:</b>		<b>M - F 8am - Noon, 4:00pm - 8pm</b>		<b>Sat 8am - Noon</b>	
				<b>Closed Sun</b>	

