

# JULY 2010 GROUP FITNESS

## NFC SEVIERVILLE



### CLASS DESCRIPTIONS

AB -Aqua Box	BP -BodyPump	JM - BodyJam	TB- Total Body
AF -Aqua Fit	C -Cycle	WB- WeightBlast	T&S -Tread n Shed
BF-Body Flow	C&F -Core & Floor	STEP - Step	Y -Yoga
BC-BodyCombat	AW-Arthritis Water Exercise	ST/SC Step-n-Sculpt	RPM CardioCycle
			Zu Zumba

**Come dance with us twice a week! Tues. 5:30pm and Fri. 5:15pm  
Yoga is back on Wed.! New times for BodyCombat and RPM  
Let's have fun and workout together! We're here for you!**

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 BP Diane	5:30 C Beth	8:00 WB Tia			
9:15 TS Chris	8:30 C&F Jennifer V	9:00 ST/SC Chris	8:30 C&F Jennifer V	8:30 TB Chris	
9:45 RPM Diane	9:00 C Jennifer V		9:00 C Jennifer V		9:00 BP Cammie
					10:00 BC Cammie
5:30 STEP Christina	5:30 JAM Cammie	5:30 BC Cammie	5:15 BP Cammie	5:15 JM/Zu Cammie/Tia	
6:30 BF Cammie	6:30 RPM Cammie	6:30 Y Marcie	6:15 BC Cammie		
<b>Club Hours: M - F 5am - 11:00 pm Sat 8am - 8pm Sun Noon - 6pm</b>					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 WWF Chris		10:00 AF Susan B		10:00 AF Chris	10:00 AF Shalea
11:00 AW Susan			11:00 AW Susan		
	5:30 AF Shalea		5:30 AB Shalea		
<b>Childcare Hours: M - F 8am - Noon, 4:00pm - 8pm Sat 8am - Noon Closed Sun</b>					

**CARDIO  
&  
STRENGTH**

**MIND &  
BODY**

**WATER**

**Join us in the Group Fitness Room!**

Adult Karate Mon and Wed at 7:45 pm in the KIM room, see front desk for more info.