



GROUP FITNESS

OCTOBER NFC WEST SIGNATURE

(865)470-3601

- AI-Aqua Intervals
- BC-BODYCOMBAT
- BS-BODYSTEP
- Grit-C-30 min cardio HIIT
- STRONG-Cardio HIIT w/ MMA
- AR-Aqua Rhythm
- BF-BODYFLOW
- C-Freestyle Cycling
- Grit-S- 30 min strength HIIT
- VY-Vin Yasa Yoga
- BA-BODYATTACK
- BP-BODYPUMP
- CB*-Core Barre
- HY-Hatha Yoga
- YY-Yin Yasa Yoga
- BA-E-45 min BA
- BP-E-45 min BP
- Dance- Freestyle Dance
- LM Core-30 min core conditioning
- ZU-Zumba

LABOR DAY: Morning Classes Only (NO 6am BP, NO PM Classes) Have a safe, fun Labor Day!

1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 BP Mindy	6:00 C Jo/Bill	5:45 BP Lisa B		5:45 BP Lisa B	
	8:30 BA Lisa H	8:30 Grit-S Jo/Celena	9:00 Grit-C Lisa H	8:30 Grit-S Jo	8:30 BC Lisa H	8:00 Grit-C Jenny
	9:30 BP Lisa H	9:00 LM Core Lisa H	9:30 BP Mary	9:00 Core Kate	9:30 BP Jennifer	8:35 BP Vili
3:05 BC Jo	10:30 C Ashlee	9:35 BC Lisa H	10:30 C Judy	9:30 STRONG Jo	9:30 C Ashlee	9:35 BS Sharon
4:05 BP Elizabeth	10:35 ZU Pati		10:35 ZU Sabrina		10:35 ZU Sherri	9:35 C Team
5:10 BAx Elizabeth		12:00 BP Pati		12:00 BP Pati		10:35 ZU Rebecca/Tressa
	4:30 BP Pati	5:30 Grit-S Jenny/Elizabeth	5:00 BC Elizabeth	5:00 LM Core Jenny	4:30 BP Sharon	
	5:30 BS Lauren		6:00 ZU Rebecca	5:30 Grit-C Jenny	5:30 BC Elizabeth	
	6:00 C Rhonda	6:05 BP Sharon	6:00 C Hayley	6:00 BP Jenny		
	6:35 Dance Tressa			7:05 ZU Tim		

CARDIO & STRENGTH

Club Hours: 5am-Midnight Monday-Friday, 7am-9pm Saturday, 7am-7pm Sunday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 CB* Allyson	8:30 VY OJ	9:30 CB* Kate	8:30 VY OJ		8:30 VY OJ
	10:35 YY Shauntae	10:30 CB* Kate	10:30 BF Mary	9:30 CB* Katie	9:30 CB* Kate	9:30 CB* Sherri
						10:30 BF Reece
	5:30 CB* Katie	5:30 CB* Sherri	5:30 CB* Katie	6:00 YY Shauntae		
		6:45 HY Tee				

MIND/BODY

Childcare Hours: M-F 8am-12pm, M-Th 3pm-9pm, Fri 3pm-8pm, Sat 8am-12pm, Sun 3pm -6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 AR Jen		9:30 AI Jen		9:30 AR Jo	
	6:15 AI Kathleen			6:15 AI Jen		

WATER

* denotes a fee based class

Underline denotes Forever Fit Series--Great option for senior members!