



# GROUP FITNESS

## NOVEMBER NFC WEST SIGNATURE

(865)470-3601

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

**THANKSGIVING SCHEDULE: Wed 11/24--AM Classes Only, Thurs 11/25--Gym Closed, Fri 11/26--Reg Schedule Resumes (NO 5:45am)**

1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 BP Mindy	6:00 C Rob/Bill	5:45 BP Lisa B	6:00 Sprint Rob	5:45 BP Lisa B	
	8:30 BA Lisa H	8:30 Grit-S Jo/Lisa	8:45 BA-E Lisa H	8:30 Grit-S Jo	8:30 BC Lisa/Kate	8:00 Grit-C Jenny
	9:30 BP Lisa H	9:00 <u>LM Core</u> Lisa H	9:30 BP Mary	9:00 <u>Core</u> 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 RPM Rob
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 <u>LM Core</u> 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 Rhonnda	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 <u>CB*</u> Allyson	8:30 <u>VY</u> OJ	9:30 <u>CB*</u> Kate	8:30 <u>VY</u> OJ		8:30 <u>VY</u> OJ
	10:35 <u>YY</u> Shauntae	10:30 <u>CB*</u> Kate	10:30 <u>BF</u> Mary	9:30 <u>CB*</u> Katie	9:30 <u>CB*</u> Kate	9:30 <u>CB*</u> Sherri
	5:30 <u>CB*</u> Katie	5:30 <u>CB*</u> Sherri	5:30 <u>CB*</u> Katie	6:00 <u>YY</u> Shauntae		
		6:45 <u>HY</u> 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 <u>AR</u> Jen		9:30 <u>AI</u> Jen		9:30 <u>AR</u> Jo	
	6:15 <u>AI</u> Kathleen	4:30 <u>WA</u> Kim		6:15 <u>AI</u> Jen		

**WATER**

\* denotes a fee based class

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