



# GROUP FITNESS

## JANUARY 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

**NEW YEAR'S DAY CLASSES : Les Mills Sampler @9am (See flyers for Details) LES MILLS Launch on Saturday, January 22nd!**

1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 BP Mindy	6:00 Sprint/C Rob/Bill	5:45 BP Lisa B	6:00 Sprint Rob	5:45 BP Lisa B	8:00 Grit-C Jenny
	8:30 BA Lisa H	8:30 Grit-S Lisa H	8:45 BA-E Lisa H	8:30 Grit-S Jo	8:30 BC Kate	8:35 BP Vili
	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	9:35 BS Sharon
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 RPM Rob
4:05 BP Elizabeth	10:35 ZU Jo		10:35 ZU Sabrina		10:35 ZU Sherri	10:35 ZU Rebecca/Melissa
5:10 BAx Elizabeth		12:00 BP Jennifer		12:00 BP Team		
	4:30 BP Jo	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	9:35 <u>CB*</u> Kate	9:30 <u>CB*</u> Sherri
	5:30 <u>CB*</u> Katie	5:30 <u>CB*</u> Brittany	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> Jen	
	6:15 <u>AI</u> Jen/Jo	5:30 <u>AR</u> Sabrina		6:15 <u>AI</u> Jen		

**WATER**

\* denotes a fee based class  
Underline denotes Forever Fit Series--Great option for senior members!