

MARCH 2010 GROUP FITNESS

NFC SEVIERVILLE



CLASS DESCRIPTIONS

AB -Aqua Box

AF -Aqua Fit

BF-Body Flow

BC-BodyCombat

BP -BodyPump

C -Cycle

C&F -Core & Floor

Fib -Fibro & Arthritis Aqua

GCC-Gentle Cardio Cond.

Jam-BodyJam

STEP - Step

STR -Strength Training

TB- Total Body

T&S -Tread n Shed

Y -Yoga

CHECK IT OUT!!!!
NEW CLASSES - Step and BodyCombat
Come on in and TRY...JUST DO IT!! You'll LOVE it!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 C Beth				
8:30 BP Diane	8:30 C&F Jennifer V	8:30 BP Diane	8:30 C&F Jennifer V	8:30 TB Chris	
9:15 TS Chris	9:00 C Jennifer V	9:45 TS Diane	9:00 C Jennifer V		9:00 BP Cammie
					10:00 BC Cammie
		5:30 TS Chris			
5:30 STEP Christina	5:30 C Jennifer R	6:00 C&F Marcie	5:15 C Jennifer R		
6:30 BF Cammie	6:30 Y Teresa	6:30 Y Marcie	6:15 JAM Cammie		
Club Hours:		M - F 5am - 11:00 pm	Sat 8am - 8pm	Sun Noon - 6pm	
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 Fib Susan			11:00 Fib Susan		
	5:30 AF Shalea		5:30 AB Shalea		
Childcare Hours:		M - F 8am - Noon, 4:00pm - 8pm	Sat 8am - Noon	Closed Sun	

**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.