

MARCH GROUP FITNESS

NFC TAZEWELL



AQ-Water Classes
 AQL-Aqualates
 BA-BodyAttack
 BAL-BA Low
 BC-Body Combat

BF-Body Flow
 BP-BodyPump
 BS-BodyStep
 BY-Beginning Yoga
 C-Cycle

CLASS DESCRIPTIONS

GCC-Gentle Cardio Condition
 Jam-BodyJam
 P-Pilates
 PY-Pilates/Yoga
 S -Step
 ST -Strength Train
 TS -Tread n Shed
 TK-Turbo Kick
 Y -Yoga
 YQ -Yoqua

Check the Schedule for New Times! All are highlighted below. See You In Class!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 S MaryNelle	5:30 BP Jorgene	5:30 S Muna		5:30 ST Muna	8:00 BP Jillian
	9:00 BS Suzan	8:15 C Michelle	9:00 S MaryNelle	9:00 BP April	9:00 BP Danyl	9:00 TS Diane
3:00 C Wendy	10:00 BP Trillia	9:00 BP April	9:00 C Michelle	10:15 TS Whitney	10:15 TS Diane	9:00 BS Sharon
3:00 BP Suze		10:00 BA Trillia	10:00 ST MaryNelle			10:00 BP Diane
4:00 BC Suze						
	4:30 BP Danyl	4:30 BA Kim B			4:30 ST Meghan	
	5:30 TS Kimberly	5:30 BP Stephanie	4:30 BP Elizabeth	4:30 BS Jenn	5:45 BA Meghan	
	5:30 C Jorgene	6:15 C Kimberly	6:30 TS Kimberly	5:30 BP Jenn		
	6:30 S Muna	6:30 BS Stephanie	6:30 BC Elizabeth	6:30 Jam Myrna		
# Classes are held downstairs in the KIM Room						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 Y Jodi		9:00 Y Ginger	10:15 PY April	9:00 Y Jodi	
	9:00 GCC MaryN #		9:00 GCC Lynne #		9:00 GCC April #	11:00 Y Jodi
5:00 BF Danyl	4:30 BF Whitney					
	6:00 Y Ginger		5:30 BF Jorgene	6:00 BY Danyl		
Club Hours: Opens Mon 5am M - F 24 HOURS Closes Fri Midnight Sat 7am - 8pm Sun Noon - 8pm						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 AQ Jill		10:00 AQ Jill		10:15 YQ April	
	6:30 AQ Lynne					
Childcare Hours: M - F 8am - Noon M - T 4pm - 9pm F- 4pm-8pm Sat 8am - Noon Sun 3pm-6pm						

CARDIO & STRENGTH

MIND/BODY

WATER

Adult Karate Class on Tuesday's in the KIM room at 6:45 pm, contact the front desk for more info PHONE: 687-6066