

MONROE County Fitness Schedule



MONDAY		
Total Body	9:00-10:00am	Cora Veal (M) Level:1,2
Zumba Gold	9:30-10:30am	Tellico Plains Community Center (TP) Level: 1,2
Fit & Tone	9:30-10:30am	Vonore Baptist Church (V) Level:1
Combo- Aerobics	3:30-4:00pm	Willow Creek (S) Level: 1,2
Zumba CC	5:00-6:00pm	Get With It Studio (M) Level: 2
CO_ED Zumba	6:15-7:00pm	Get With It Studio (M) Level: 1
Body Sculpt 321	6:30-7:30pm	GWI Studio Level: 2

The GWI Office Will Be Closed in observance of the Season Holidays from Dec.16th _Jan. 3rd. Classes will resume on Jan. 3rd.. Happy Holidays from all of us at Get With it! Christmas Open House at GWI Studio on Wed. the 14th from 11:00 am _1:00 pm and from 4:00 pm _5:00 pm.

Water Aerobics	9:00-10:00am	Willow Creek (S) Level:1,2
Zumba Gold	9:00-10:00am	Marcella Center (S) Level: 1
Zumba Gold CC	4:30-5:15pm	Madisonville Primary School (M) Level: 1
Aerobics	5:30-6:30pm	Get With It Studio (M) Level:1,2

SCHEDULE KEY

CC=Childcare Available

1= Individuals just starting out or women who have been inactive for a period of time.

2= Low impact movements/moderate music speed

3= Higher impact movements, faster music, and more advanced choreography

M=Madisonville S=Sweetwater TP=Tellico Plains V=Vonore



WEDNESDAY		
Total Body	9:00-10:00am	Cora Veal (M) Level: 1,2
Yoga	9:00-10:15am	Get With It Studio (M) Level: 1,2
Fit & Tone	9:30-10:30am	Vonore Baptist Church (V) Level: 1
3 "S's"	10:30-11:45am	Get With It Studio (M) Level: 2,3
Combo- Aerobics	3:30-4:00pm	Willow Creek (S) Level: 1,2
Intermediate 1 Line Dancing	4:30-5:30pm	Get With It Studio (M) Level: 2

For Information Please Contact:

**www.getwithitwomen.org
423-420-3991 or 877-420-3991**

THURSDAY		
Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP) Level: 2
Zumba Gold	3:30-4:30pm	Vonore Elementary School (V) Level:1
Zumba CC	4:30-5:30pm	Get With It Studio (M) Level: 2
Aerobics	5:30-6:30pm	Get With It Studio (M) Level: 1,2
Body Sculpt 321	6:30-7:30pm	GWI Studio Level : Level: 2

FRIDAY		
Body Sculpt	9:00-10:00am	Willow Creek (S) Level: 2
Yoga	9:00-10:15am	Cora Veal (M) Level: 1,2
Zumba Gold	9:00-10:00am	Marcella Center (S) Level: 1,2
Pilates	9:30-10:30am	Vonore Baptist Church (V) Level: 1,2
Combo- Aerobics	3:30-4:00pm	Willow Creek (S) Level: 1,2
Beginners Line Dancing	5:00-6:00pm	Get With It Studio (M) Level: 1

December 2011