

Free Exercise Classes
Monroe County
August 2009

Monday

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Zumba Gold	9:00-10:00am	Tellico Community Ctr. (TP)	1,2
Zumba	9:30-10:30am	First United Methodist (S)	2
Pillar Strength	10:00-11:00am	Vonore Baptist Church (V)	1,2
Aerobics <u>CC</u>	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Zumba <u>CC</u>	5:00-6:00pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1

Tuesday

Downtown Walk	8:00-8:30am	Meet at GWI Studio	1
Balance & Core	9:00-10:00am	Willow Creek (S)	2
Step Class	9:00-9:45am	Get With It Studio (M)	2,3
Zumba	3:30-4:30pm	Madisonville Primary School	1,2
Zumba <u>CC</u>	5:00-5:45pm	First United Methodist (S)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2
Zumba	6:45-7:45 pm	Marcella Center (S)	2

Wednesday

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Yoga	9:00-10:15am	Get With It Studio (M)	1,2
Weight Training	10:30-11:15am	Get With It Studio (M)	
*Personal Training	11:30am by Appt. ONLY	Get With It Studio (M)	1,2,3
Aerobics <u>CC</u>	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Step Class	4:30-5:15pm	Get With It Studio (M)	2,3

Thursday

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP)	2
Pillar Strength	11:15-12:00pm	Get With It Studio (M) ***	1
Zumba <u>CC</u>	4:30-5:15pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2

Friday

Yoga	9:00-10:15am	Cora Veal (M)	1,2
Total Body	9:00-10:00am	Willow Creek (S)	2
Zumba	9:00-10:00am	Marcella Center (S)	1,2
Pilates	10:00-11:00am	Vonore Baptist Church (V)	1,2
Zumba Gold <u>CC</u>	5:00-6:00pm	Get With It Studio (M)	1,2

❖ **Please NOTE:**

❖ **August schedule begins August 10th.**

❖ **PLEASE see online exercise schedule for the 1st week Aug 3-7th.**



**-FREE
EXERCISE CLASSES**

**A Healthy Lifestyle Program for the
women of Monroe and Loudon
Counties**

Women's Wellness and Maternity Center and the GWI
Collaborative

423-420-3991 or 1-877-420-3991
116 College St. | Madisonville, TN 37354

www.getwithitwomen.org

Schedule Key

*= must call for appointment

**Water Aerobics =\$3/class, \$20/month for GWI Participants

*** For Personal Training Participants ONLY (Limited to 5)

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

Outside Classes Cancelled when Raining

M=Madisonville

S=Sweetwater

TP= Tellico Plains

V=Vonore