



**-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 37874

www.getwithitwomen.org

Classes begin after the Holidays on January 4th 2009. Hope everyone had a great break and is ready for a new exciting year with Get With It! Please **check the website** for upcoming GWI presentations, special events, and cooking classes.

Schedule Key

- **Zumba Gold** is tailored especially for seniors and very beginners! Zumba Gold at Christ Our Savior Church will be offered on the first, second, and fourth Saturdays of the month.
- 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
- **Located on Hwy 11 across the bridge, on right, just past Carl's Drive-In.**

**Loudon County
January/ February 2010
Free Exercise Classes**

Monday

Body Sculpt CC	4:00-5:00 pm	Lenoir City Elementary	2,3	Lenoir City
Zumba	4:00-5:00 pm	Loudon High School	1,2	Loudon
Balance and Core	6:00-7:00 pm	Central United Methodist	1,2	Lenoir City

Tuesday

Mommies and Me Yoga	8:30-9:30 am	First Presbyterian Church	1,2	Lenoir City
Total Body	10:30-11:30	Oakland United Methodist	1	Greenback
Zumba	4:00-5:00 pm	Loudon High School	2	Loudon
Total Body	4:00-5:00pm	Loudon Elementary School	1,2	Loudon
Zumba CC	5:00-6:00 pm	Central United Methodist	2	Lenoir City
Total Body CC	6:00-7:00 pm	Central United Methodist	2	Lenoir City

Wednesday

Yoga CC	8:30-9:30 am	Central United Methodist	2	Lenoir City
Zumba Gold	2:00-3:00 pm	Loudon Senior Center	1,2	Loudon
Yoga	3:00-4:00 pm	Loudon Senior Center	1	Loudon
Yoga	4:00-5:00 pm	**HEAL	1	Loudon
Zumba CC	4:15-5:15 pm	Lenoir City Elementary	2	Lenoir City

Thursday

Total Body	10:30-11:30am	Oakland United Methodist	1	Greenback
Body Sculpt CC	4:00-5:00pm	Lenoir City Elementary	2,3	Lenoir City
Zumba	4:00-5:00pm	Loudon High School	1,2	Loudon
Zumba CC	5:30-6:30pm	Central United Methodist	2	Lenoir City
Total Body	6:00-7:00 pm	Loudon United Methodist	2	Loudon

Friday

Zumba CC	4:15-5:15 pm	Lenoir City Elementary	2	Lenoir City
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Saturday

**Zumba Gold	11:00-12:00	Christ Our Savior Church	1	Loudon
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