

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

**Monday**

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Zumba Gold	9:00-10:00am	Tellico Community Ctr. (TP)	1,2
Fit & Tone	10:00-11:00am	Vonore Baptist Church (V)	1
Pillar Strength	10:00-11:00am	Get With It Studio (M)	1,2
Aerobics	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Zumba Gold	4:00-4:45pm	Get With It Studio (M)	1,2
Zumba CC	5:00-6:00pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	6:15-7:00pm	Get With It Studio (M)	1,2

**Tuesday**

Downtown Walk	8:15-8:45am	Meet at GWI Studio	1
Balance & Core	9:00-10:00am	Willow Creek (S)	2
Zumba	9:00-10:00am	Marcella Center (S)	1,2
Step Class	9:00-9:45am	Get With It Studio (M)	2,3
Zumba (CC)	3:30-4:30pm	Madisonville Primary School	1,2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2

**Wednesday**

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Yoga	9:00-10:15am	Get With It Studio (M)	1,2
Fit & Tone	10:00-11:00am	Vonore Baptist Church (V)	1
Body Sculpt	10:30-11:30am	Get With It Studio (M)	
*Personal Training	1:00pm by Appt. ONLY	Get With It Studio (M)	1
Chair Exercise begins Jan 20 <sup>th</sup>	12:15-1:00pm	Get With It Studio (M)	1
Aerobics	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Total Body	4:30-5:30pm	Get With It Studio (M)	1,2
Beginners Country Line Dancing	5:30-7:00pm	Get With It Studio (M)	1,2

**Thursday**

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP)	2
Zumba CC	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
Country Line Dancing	6:30-8:00pm	Get With It Studio (M)	2,3

**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
Arthritis Self Help Course begins Jan. 22 <sup>nd</sup>	10:00-11:00am	Get With It Studio (M)	1,2,3
**Tai Chi begins Jan. 22nd	11:00-12:00pm	Get With It Studio (M)	1
Zumba for Beginners	4:00-4:45pm	Get With It Studio (M)	1
Zumba Gold CC	5:00-5:45pm	Get With It Studio (M)	1,2
Zumba	6:00-6:45pm	Get With It Studio (M)	3



**-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](http://www.getwithitwomen.org)

Schedule Key

- \*= must call for appointment
- \*\*Water Aerobics =\$3/class, \$20/month for GWI Participants
- \*\*Tai Chi = Begins Jan. 22<sup>nd</sup> \$6/class for GWI Participants
- 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

Classes begin after the Holidays on January 4<sup>th</sup> 2010. 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.