



**-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

Upcoming Summer Events!

- ❖ *Fort Loudoun Historic Site- Hike June 13th
10:00am*
- ❖ *GWJ Family Field Day July 18th 10-1:00pm
Lenoir City Park*
- ❖ *Yoga Retreat at Meadowbrook (date & time to be
announced)*

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

**Loudon County,
June/July 2009
Free Exercise Classes**

Monday

Zumba <u>CC</u>	9:00-10:00	Lenoir City Middle School	2	Lenoir City
Body Sculpt <u>CC</u>	4:00-5:00 pm	First Presbyterian Church	2,3	Lenoir City
Zumba	4:30-5:30 pm	Loudon High School	1,2	Loudon
Balance and Core	6:00-7:00 pm	Central United Methodist	1,2	Lenoir City

Tuesday

Pilates	8:30-9:30 am	First Presbyterian Church	1,2	Lenoir City
Total Body	10:30-11:30	Oakland United Methodist	1	Greenback
Zumba	4:30-5:30 pm	Loudon High School	2	Loudon
Zumba <u>CC</u>	5:00-6:00 pm	Central United Methodist	2	Lenoir City
Total Body <u>CC</u>	6:00-7:00 pm	Central United Methodist	2	Lenoir City

Wednesday

Yoga	8:30-9:30 am	Central United Methodist	2	Lenoir City
Zumba <u>CC</u>	9:00-10:00am	Lenoir City Middle School	2	Lenoir City
Pillar Strength	10:00-11:00	Greenback 1 st Presbyterian Church	1,2	Greenback
Zumba Gold	2:00-3:00 pm	Loudon Senior Center	1,2	Loudon
Zumba	4:30- 5:30pm	Loudon High School	2	Loudon
Pillar Strength	5:30-6:30pm	Greenback 1 st Presbyterian Church	1,2	Greenback

Thursday

Kick Box & Dance	8:30-9:30 am	First Presbyterian Church	2	Lenoir City
Total Body	10:30-11:30am	Oakland United Methodist	1	Greenback
Body Sculpt <u>CC</u>	4:00-5:00pm	First Presbyterian Church	2,3	Lenoir City
Zumba	4:30-5:30pm	Loudon High School	2	Loudon
Zumba <u>CC</u>	5:00-6:00pm	Central United Methodist	2	Lenoir City
Total Body	6:00-7:00 pm	Loudon United Methodist	2	Loudon

Friday

Line Dancing	8:30-9:30am	TBA	1,2	TBA
Zumba <u>CC</u>	9:00-10:00am	Lenoir City Middle School	2	Lenoir City

Saturday

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