

Free Exercise Classes
Monroe County
June/July 2009

Monday

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

Tuesday

Walk	8:00-8:30am	Downtown Madisonville Walk meet at GWI Studio	1
Balance and Core	9:00-10:00am	Willow Creek (S)	2
Step Class	9:00-9:45am	Get With It Studio (M)	2,3
Zumba	3:30-4:15pm	Get With It Studio (M)	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

Wednesday

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Yoga	9:00-10:15am	Get With It Studio (M)	1,2
Aerobics <u>CC</u>	9:30-10:30am	First United Methodist (S)	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
Step Class	4:15-5:00pm	Get With It Studio (M)	2,3

Thursday

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

Upcoming Summer Events!

- ❖ *Fort Loudoun Historic Site- Hike June 13th 10:00am*
- ❖ *GW I Family Field Day July 18th 10-1:00pm Lenoir City Park*
- ❖ *Yoga Retreat at Meadow View Greenhouse and Garden Center June 27th 9:00am-6:00pm*



**-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