

# August 2011

## LOUDON County

## Fitness Schedule

*Back To School*



MONDAY		
Water Aerobics	8:30-9:30am	Lenoir City Pool (LC) Level: 1,2
Country Line Dancing	10:30-12:00pm	Loudon Senior Center (L) Level: 1,2
Zumba	6:00-7:00pm	Central United Methodist Church (LC) Level: 2
Water Aerobics	6:00-7:00pm	Lenoir City Pool (LC) Level: 1,2

TUESDAY		
Total Body	9:30-10:30am	Oakland United Methodist (G) Level: 1
Zumba CC	6:00-7:00pm	Central United Methodist Church (LC) Level: 2,3
Water Aerobics	6:00-7:00pm	Lenoir City Pool (LC) Level: 1,2

WEDNESDAY		
Water Aerobics	8:30-9:30am	Lenoir City Pool (LC) Level: 1,2
Zumba Gold	2:00-3:00pm	Loudon Senior Center (L) Level: 1
Zumba	4:00-5:00pm	Steekee Elementary (L) Level: 2
Water Aerobics	6:00-7:00pm	Lenoir City Pool (LC) Level: 1,2
Beginners Line Dancing	6:00-7:00pm	Memorial Building (LC) Level: 1
Intermediate Line Dancing	7:00-8:30pm	Memorial Building (LC) Level: 2

THURSDAY		
Total Body	9:30-10:30am	Oakland United Methodist (G) Level: 1
Zumba	4:15-5:15pm	Memorial Building (LC) Level: 2
Zumba CC	5:30-6:30pm	Central United Methodist Church Level: 2,3
Water Aerobics	6:00-7:00pm	Lenoir City Pool (LC) Level: 1,2
Zumba Toning CC	6:30-7:30pm	Central United Methodist Church Level: 2,3

SATURDAY		
Zumba Gold	11:00-12:00pm	Christ Our Savior Church (L) Level: 1

### ANNOUNCEMENTS

**Water Aerobics**  
**\$4.00/class with**  
**Season Passes Available**  
**SCHEDULE KEY**

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**

L=Loudon LC=Lenoir City  
 G=Greenback

[www.getwithitwomen.org](http://www.getwithitwomen.org)  
 423-420-3991 or 877-420-3991

