

JULY 2011

LOUDON County

Fitness Schedule



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		
Aqua Zumba	8:30-9:30am	Lenoir City Pool (LC) Level: 2
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	Memorial Building (LC) Level: 2
Water Aerobics	6:00-7:00pm	Lenoir City Pool (LC) Level: 1,2
Country Line Dancing	6:30-8:30pm	Memorial Building (LC) Level: 1,2

THURSDAY		
Aqua Zumba	8:30-9:15am	Lenoir City Pool (LC) Level: 2
Total Body	9:30-10:30am	Oakland United Methodist (G) Level: 1
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		
Aqua Zumba	10:00-10:45am	Lenoir City Pool (LC) Level: 2
Zumba Gold	11:00-12:00pm	Christ Our Savior Church (L) Level: 1

ANNOUNCEMENTS

Instructor Break July 4-8th
NO CLASSES

Water Aerobics & Aqua
Zumba \$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
423-420-3991 or 877-420-3991

