

**LOUDON County
Fitness Schedule**

October 2011



MONDAY		
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

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

WEDNESDAY		
Zumba Gold	2:00-3:00pm	Loudon Senior Center (L) Level: 1
Zumba	4:00-5:00pm	Steekee Elementary (L) Level: 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
Zumba Toning CC	6:30-7:30pm	Central United Methodist Church Level: 2,3

ANNOUNCEMENTS

Lenoir City pool will reopen during October for the Fall/Winter Season

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

L=Loudon LC=Lenoir City
G=Greenback

**For Information Please Contact:
www.getwithitwomen.org
423-420-3991 or 877-420-3991**

