



*Loudon County  
December 2010  
Exercise Classes*

**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

**Water Aerobics\***  
**120 Panther Drive**  
**(Behind Lenoir City Middle School)**  
**\$4.00/class**

**NO CLASSES**  
**DEC 20<sup>TH</sup> - JAN 2<sup>ND</sup>**

[www.getwithitwomen.org](http://www.getwithitwomen.org)

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

**Monday**

Country Line Dancing	10:30-12:00pm	Loudon Senior Center	1,2	Loudon
Water Aerobics*	1:00-2:00pm	Lenoir City Pool	1,2	Lenoir City
Body Sculpt <u>CC</u>	4:00-5:00pm	Lenoir City Elementary	2,3	Lenoir City
Zumba	4:00-5:00pm	Loudon High School	1,2	Loudon
Water Aerobics*	5:30-6:30pm	Lenoir City Pool	1,2	Lenoir City
Body Sculpt	6:00-7:00 pm	Central United Methodist	1,2	Lenoir City

**Tuesday**

Total Body	9:30-10:30am	Oakland United Methodist	1	Greenback
Water Aerobics*	1:00-2:00pm	Lenoir City Pool	1,2	Lenoir City
Zumba <u>CC</u>	5:00-6:00pm	Central United Methodist	2	Lenoir City
Water Aerobics*	5:30-6:30pm	Lenoir City Pool	1,2	Lenoir City
Total Body <u>CC</u>	6:00-7:00pm	Central United Methodist	2	Lenoir City

**Wednesday**

Zumba Gold	2:00-3:00 pm	Loudon Senior Center	1,2	Loudon
Zumba	4:00-5:00pm	Steekee Elem. School	1,2	Loudon
Line Dancing	6:30-8:30pm	Memorial Building	1,2	Lenoir City

**Thursday**

Total Body	9:30-10:30am	Oakland United Methodist	1	Greenback
Water Aerobics*	12:00-1:00pm	Lenoir City Pool	1,2	Lenoir City
Zumba	4:15-5:15pm	Memorial Building	1,2	Lenoir City
Body Sculpt <u>CC</u>	4:00-5:00pm	Lenoir City Elementary	2,3	Lenoir City
Water Aerobics*	5:30-6:30pm	Lenoir City Pool	1,2	Lenoir City
Zumba <u>CC</u>	5:30-6:30pm	Central United Methodist	2	Lenoir City

**Saturday**

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