



**-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 37874

www.getwithitwomen.org

*****Merry Christmas! *** No Classes
December 21st- January 4th**

**Get With It would like to say *THANK YOU* to
ALL of our **GW**I Participants for your hard
work and dedication to living a healthier
lifestyle this past year!!!**

**The Average American GAINS 15 lbs.
from Thanksgiving to January 6th! Don't
be **AVERAGE!****

Schedule Key

****Zumba Gold** is tailored especially for seniors and very beginners!
Zumba Gold at Christ Our Savior Church will be offered on the first,
second, and fourth Saturdays of the month.

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

**Located on Hwy 11 across the bridge, on right, just past Carl's Drive-In.

Loudon County December 2009 Free Exercise Classes

Monday

Body Sculpt <u>CC</u>	4:00-5:00 pm	Lenoir City Elementary	2,3	Lenoir City
Zumba	4:00-5:00 pm	Loudon High School	1,2	Loudon
Balance and Core	6:00-7:00 pm	Central United Methodist	1,2	Lenoir City

Tuesday

Mommies and Me Yoga	8:30-9:30 am	First Presbyterian Church	1,2	Lenoir City
Total Body	10:30-11:30	Oakland United Methodist	1	Greenback
Zumba	4:00-5:00 pm	Loudon High School	2	Loudon
Total Body	4:00-5:00pm	Loudon Elementary School	1,2	Loudon
Zumba <u>CC</u>	5:00-6:00 pm	Central United Methodist	2	Lenoir City
Total Body <u>CC</u>	6:00-7:00 pm	Central United Methodist	2	Lenoir City

Wednesday

Yoga <u>CC</u>	8:30-9:30 am	Central United Methodist	2	Lenoir City
Zumba Gold	2:00-3:00 pm	Loudon Senior Center	1,2	Loudon
Yoga	3:00-4:00 pm	Loudon Senior Center	1	Loudon
Yoga	4:00-5:00 pm	**HEAL	1	Loudon
Zumba <u>CC</u>	4:15-5:15 pm	Lenoir City Elementary	2	Lenoir City
Pillar Strength	5:30-6:30 pm	Greenback 1 st Presbyterian Church	1,2	Greenback

Thursday

Total Body	10:30-11:30am	Oakland United Methodist	1	Greenback
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
Zumba <u>CC</u>	5:30-6:30pm	Central United Methodist	2	Lenoir City
Total Body	6:00-7:00 pm	Loudon United Methodist	2	Loudon

Friday

Zumba <u>CC</u>	4:15-5:15 pm	Lenoir City Elementary	2	Lenoir City
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Saturday

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