



**-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](http://www.getwithitwomen.org)

**\*\*\*Merry Christmas! \*\*\* No Classes  
December 21<sup>st</sup>- January 4<sup>th</sup>**

**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 6<sup>th</sup>! 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 <sup>st</sup> 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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