

Free Exercise Classes  
**Monroe County**  
 December 2009

**Monday**

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Zumba Gold	9:00-10:00am	Tellico Community Ctr. (TP)	1,2
Fit & Tone	10:00-11:00am	Vonore Baptist Church (V)	1
Pillar Strength	10:00-11:00am	Get With It Studio (M)	1,2
Aerobics	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Zumba CC	5:00-6:00pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1

**Tuesday**

Downtown Walk	8:15-8:45am	Meet at GWI Studio	1
Balance & Core	9:00-10:00am	Willow Creek (S)	2
Zumba	9:00-10:00am	Marcella Center (S)	1,2
Step Class	9:00-9:45am	Get With It Studio (M)	2,3
Zumba	3:30-4:30pm	Madisonville Primary School	1,2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2

**Wednesday**

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Yoga	9:00-10:15am	Get With It Studio (M)	1,2
Fit & Tone	10:00-11:00am	Vonore Baptist Church (V)	1
Weight Training	10:30-11:15am	Get With It Studio (M)	
*Personal Training	11:30am by Appt. ONLY	Get With It Studio (M)	1
Aerobics	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Step Class	4:30-5:15pm	Get With It Studio (M)	2,3

**Thursday**

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP)	2
**Tai Chi	10:00-11:00am	Get With It Studio (M)	1
Zumba CC	4:30-5:15pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2
Country Line Dancing	6:30-7:30pm	Get With It Studio (M)	1

**Friday**

Yoga	9:00-10:15am	Cora Veal (M)	1,2
Total Body	9:00-10:00am	Willow Creek (S)	2
Zumba	9:00-10:00am	Marcella Center (S)	1,2
Pilates	10:00-11:00am	Vonore Baptist Church (V)	1,2
Zumba Gold CC	5:00-5:45pm	Get With It Studio (M)	1
Zumba	6:00-6:45pm	Get With It Studio (M)	2

**\*\*\*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!!!



**-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 37354

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

Schedule Key

\*= must call for appointment

\*\*Water Aerobics =\$3/class, \$20/month for GWI Participants  
 Tai Chi =(Beginning October 1<sup>st</sup> for 8 weeks)  
 \$6/class, \$48/ 8 weeks for GWI Participants

\*\*\* For Personal Training Participants ONLY (Limited to 5)

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

M=Madisonville

S=Sweetwater

TP= Tellico Plains

V=Vonore

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