

Monday

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Zumba Gold	9:30-10:30am	Tellico Community Ctr. (TP)	1,2
Fit & Tone	10:00-11:00am	Vonore Baptist Church (V)	1
Pillar Strength	10:15-11:00am	Get With It Studio (M)	1,2
Pilates/Pilates Yoga	3:30-4:30pm	Vonore Elementary School (NO CLASS ON MON. AFTER THE 20 TH OF EACH MONTH)	1,2
Aerobics	3:45-4:45pm	Willow Creek (S)	1,2
Zumba CC	5:00-6:00pm	Get With It Studio (M)	2,3

Tuesday

Zumba Gold	9:00-10:00am	Marcella Center (S)	1,2
*Tai Chi	3:00-4:00pm	Get With It Studio	2
Zumba CC	3:30-4:30pm	Madisonville Primary School (M)	1,2
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
3 "S's"	10:30-11:45am	Get With It Studio (M)	2,3
Chair Exercise	12:15-1:00pm	Get With It Studio (M)	1
Aerobics	3:45-4:45pm	Willow Creek (S)	1,2
Intermediate 1 Line Dancing	4:30-5:30pm	Get With It Studio (M)	2
Intermediate 2 Line Dancing	5:30-6:30pm	Get With It Studio (M)	3

Thursday

Pillar Strength	9:30-10:30am	Tellico Plains Community Center	2
*Beginners Tai Chi	10:00-11:00am	Get With It Studio (Begins 11/12)	1
Zumba CC	4:30-5:15pm	Get With It Studio (M)	2
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2
Beginner 1 Line Dancing	6:30-7:30pm	Get With It Studio (M)	1

Friday

Downtown Walk	12:30-1:00pm	Meet at GWI Studio	1
Yoga	9:00-10:15am	Cora Veal (M)	1,2
Zumba Gold	9:00-10:00am	Marcella Center (S)	1,2
Pilates	10:00-11:00am	Vonore Baptist Church (V)	1,2
Zumba Gold	5:00-5:45pm	Get With It Studio (M)	1,2
Zumba	6:00-6:45pm	Get With It Studio	2

EXERCISE CLASSES Monroe County February 2011



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

Schedule Key

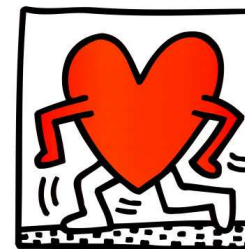
* Tai Chi= \$6 class - 8 week session
CC=childcare available

#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



❖ 2nd Diabetic Workshop February 22nd

❖ 3:30 at the GWI Studio

Please call to RSVP or e-mail to amyl@getwithitwomen.org