



## Loudon County February 2011 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

## February is Heart Healthy Month

❖ **Eat Better**

❖ **Move More**

**Happy Valentine's Day!**

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

### 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>	6:00-7:00pm	Central United Methodist	2	Lenoir City
Water Aerobics*	5:30-6:30pm	Lenoir City Pool	1,2	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
Total Body	6:30-7:30pm	Central United Methodist	1,2	Lenoir city

### Saturday

Tai Chi	10:00-11:00am 8 Week Class	Christ Our Savior Church	1	Loudon
Zumba Gold	11:00-12:00	Christ Our Savior Church	1	Loudon

### 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