



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

**Water Aerobics and
 Aqua Zumba
 \$4.00/class**

Season Passes Available!

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

*Loudon County
 June 2011
 Exercise Classes*

Monday

Water Aerobics	8:30-9:30am	Lenoir City Pool	1,2	Lenoir City
Country Line Dancing	10:30-12:00pm	Loudon Senior Center	1,2	Loudon
Zumba	6:00-7:00 pm	Central United Methodist	1,2	Lenoir City
Water Aerobics	6:00-7:00pm	Lenoir City Pool	1,2	Lenoir City

Tuesday

Aqua Zumba	8:30-9:15am	Lenoir City Pool	1,2	Lenoir City
Total Body	9:30-10:30am	Oakland United Methodist	1	Greenback
Zumba CC	6:00-7:00pm	Central United Methodist	2	Lenoir City
Water Aerobics	6:00-7:00pm	Lenoir City Pool	1,2	Lenoir City

Wednesday

Water Aerobics	8:30-9:30am	Lenoir City Pool	1,2	Lenoir City
Zumba Gold	2:00-3:00 pm	Loudon Senior Center	1,2	Loudon
Zumba	4:00-5:00pm	Memorial Building	1,2	Loudon
Water Aerobics	6:00-7:00pm	Lenoir City Pool	1,2	Lenoir City
Line Dancing	6:30-8:30pm	Memorial Building	1,2	Lenoir City

Thursday

Aqua Zumba	8:30-9:15am	Lenoir City Pool	1,2	Lenoir City
Total Body	9:30-10:30am	Oakland United Methodist	1	Greenback
Zumba CC	5:30-6:30pm	Central United Methodist	2	Lenoir City
Water Aerobics	6:00-7:00pm	Lenoir City Pool	1,2	Lenoir City
Zumba Toning CC	6:30-7:30pm	Central United Methodist	1,2	Lenoir City

Saturday

Aqua Zumba	10:00-10:45am	Lenoir City Pool	1,2	Lenoir City
Zumba Gold	11:00-12:00	Christ Our Savior Church	1	Loudon