



*Loudon County
July 2010
Free Exercise Classes*

**-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

Please check the website for
upcoming GWI presentations,
special events, and cooking classes.

www.getwithitwomen.org

**INSTRUCTOR BREAK
NO CLASSES
JULY 5-9TH**

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

Monday

Country Line Dancing	10:30-12:00pm	Loudon Senior Center	1,2	Loudon
Interval Body Sculpt <u>CC</u>	4:00-5:00 pm	Lenoir City Middle School	2,3	Lenoir City
Balance and Core	6:00-7:00 pm	Central United Methodist	1,2	Lenoir City

Tuesday

Zumba <u>CC</u>	9:00-10:00am	Memorial Building	1,2	Lenoir City
Total Body	9:30-10:30am	Oakland United Methodist	1	Greenback
Total Body	3:45-4:45 pm	Lenoir City Middle School	1,2	Lenoir City
Zumba	4:00-5:00pm	Loudon High 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

Zumba Gold	2:00-3:00 pm	Loudon Senior Center	1,2	Loudon
Country Line Dancing Is Back!	6:30-8:30 pm	Memorial Building	1,2	Lenoir City

Thursday

Zumba <u>CC</u>	9:00-10:00am	Memorial Building	1,2	Lenoir City
Total Body	9:30-10:30am	Oakland United Methodist	1	Greenback
Zumba	4:00-5:00pm	Loudon High School	1,2	Loudon
Body Sculpt <u>CC</u>	4:00-5:00pm	Lenoir City Middle School	2,3	Lenoir City
Zumba <u>CC</u>	5:30-6:30pm	Central United Methodist	2	Lenoir City

Saturday

Zumba Gold	11:00-12:00	Christ Our Savior Church	1	Loudon
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