

**Monroe County
July 2010**

Monday

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

Tuesday

Body Sculpt	9:00-10:00am	Willow Creek (S)	2
Total Body	3:30-4:30pm	Get With It Studio (M)	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
Aerobics	9:00-10:00am	Willow Creek (S)	1,2
Yoga	9:00-10:15am	Get With It Studio (M)	1,2
Fit & Tone	9:30-10:30am	Vonore Baptist Church (V)	1
3 "S's"	10:30-11:45am	Get With It Studio (M)	1,2
Step-Sculpt-Stretch			
Chair Exercise	12:15-1:00pm	Get With It Studio (M)	1
Beginner 1	4:30-5:30pm	Get With It Studio (M)	1
Line Dancing			
Intermediate 1	5:30-6:30pm	Get With It Studio (M)	2
Line Dancing			

Thursday

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2
Intermediate 2	6:30-8:00pm	Get With It Studio (M)	3
Line Dancing			

Friday

Yoga	9:00-10:15am	Cora Veal (M)	1,2
Zumba	9:30-10:30am	Marcella Center (S)	1,2
Pilates	9:30-10:30am	Vonore Baptist Church (V)	1,2



**-FREE
EXERCISE CLASSES
Monroe County
July 2010**

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

**Water Aerobics =\$3/class, \$20/month for GWI Participants
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

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

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