



**-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.

**NO GWI CLASSES GOOD FRIDAY  
APRIL 2<sup>ND</sup>**

**SPRING BREAK 04/02 - 04/09  
(NO CLASSES AT SCHOOLS)**

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

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  
March/ April 2010  
Free Exercise Classes**

Monday

Interval Body Sculpt <b>CC</b>	4:00-5:00 pm	Lenoir City Elementary	2,3	Lenoir City
Zumba	4:00-5:00 pm	Loudon High School	1,2	Loudon
Balance and Core	6:00-7:00 pm	Central United Methodist	1,2	Lenoir City

Tuesday

Total Body	10:30-11:30am	Oakland United Methodist	1	Greenback
Yoga	1:00-2:00pm	Loudon Senior Center	1,2	Loudon
Yoga ( <b>CC</b> )	3:45-4:45 pm	Fort Loudoun Middle School	1,2	Loudon
Zumba	4:00-5:00 pm	Loudon High School	2	Loudon
Zumba <b>CC</b>	5:00-6:00 pm	Central United Methodist	2	Lenoir City
Total Body <b>CC</b>	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
Yoga	3:00-4:00 pm	Loudon Senior Center	1	Loudon
Zumba <b>CC</b>	4:15-5:15 pm	Lenoir City Elementary	2	Lenoir City

Thursday

Total Body	10:30-11:30am	Oakland United Methodist	1	Greenback
Body Sculpt <b>CC</b>	4:00-5:00pm	Lenoir City Elementary	2,3	Lenoir City
Zumba	4:00-5:00pm	Loudon High School	1,2	Loudon
Zumba <b>CC</b>	5:30-6:30pm	Central United Methodist	2	Lenoir City
Total Body	6:00-7:00 pm	Loudon United Methodist	2	Loudon

Friday

Zumba <b>CC</b>	4:15-5:15 pm	Lenoir City Elementary	2	Lenoir City
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Saturday

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