

**Monroe County**  
**May 2010**

**Monday**

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Zumba Gold	9:00-10:00am	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
Aerobics	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Zumba <u>CC</u>	5:00-6:00pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1

**Tuesday**

Balance & Core	9:00-10:00am	Willow Creek (S)	2
Zumba	9:00-10:00am	Marcella Center (S)	1,2
Step Class	9:00-9:45am	Get With It Studio (M)	2,3
Zumba (CC)	3:30-4:30pm	Madisonville Primary School	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
Yoga	9:00-10:15am	Get With It Studio (M)	1,2
Fit & Tone	9:30-10:30am	Vonore Baptist Church (V)	1
Body Sculpt	10:30-11:30am	Get With It Studio (M)	
*Personal Training	1:00pm by Appt. ONLY	Get With It Studio (M)	1
Chair Exercise	12:15-1:00pm	Get With It Studio (M)	1
Aerobics	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Intermediate 1 Line Dancing	5:30-6:30pm	Get With It Studio (M)	2
Beginner 1 Line Dancing	6:30-7:30pm	Get With It Studio (M)	1

**Thursday**

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP)	2
Zumba <u>CC</u>	4:30-5:15pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2
Intermediate 2 Line Dancing	6:30-8:00pm	Get With It Studio (M)	3

**Friday**

Yoga	9:00-10:15am	Cora Veal (M)	1,2
Total Body	9:00-10:00am	Willow Creek (S)	2
Zumba	9:00-10:00am	Marcella Center (S)	1,2
Pilates	9:30-10:30am	Vonore Baptist Church (V)	1,2
Zumba Gold <u>CC</u>	5:00-5:45pm	Get With It Studio (M)	1,2
Zumba	6:00-6:45pm	Get With It Studio (M)	3



**-FREE**  
**EXERCISE CLASSES**  
Monroe County  
May 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

**Tuesday May 25<sup>th</sup>** is the last day of school in Monroe County, classes may change at school locations – **PLEASE** check with the instructor and our website for updates.

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

Schedule Key

\*= must call for appointment

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

\*\*Tai Chi = Begins Jan. 22<sup>nd</sup> \$6/class 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.