



Loudon County
NOVEMBER 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

Water Aerobics*

- **120 Panther Drive**
(Behind Lenoir City Middle School)
- **\$4.00/class**

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

Monday

Country Line Dancing	10:30-12:00pm	Loudon Senior Center	1,2	Loudon
Water Aerobics*	1:00-2:00pm	Lenoir City Pool	1,2	Lenoir City
Body Sculpt <u>CC</u>	4:00-5:00pm	Lenoir City Elementary	2,3	Lenoir City
Zumba	4:00-5:00pm	Loudon High School	1,2	Loudon
Water Aerobics*	5:30-6:30pm	Lenoir City Pool	1,2	Lenoir City
Body Sculpt	6:00-7:00 pm	Central United Methodist	1,2	Lenoir City

Tuesday

Total Body	9:30-10:30am	Oakland United Methodist	1	Greenback
Water Aerobics*	1:00-2:00pm	Lenoir City Pool	1,2	Lenoir City
Zumba	4:15-5:15pm	Memorial Building	1,2	Lenoir City
Zumba <u>CC</u>	5:00-6:00pm	Central United Methodist	2	Lenoir City
Water Aerobics*	5:30-6:30pm	Lenoir City Pool	1,2	Lenoir City
Total Body <u>CC</u>	6:00-7:00pm	Central United Methodist	2	Lenoir City

Wednesday

Zumba Gold	2:00-3:00 pm	Loudon Senior Center	1,2	Loudon
Zumba	4:00-5:00pm	Steekee Elem. School	1,2	Loudon
Line Dancing	6:30-8:30pm	Memorial Building	1,2	Lenoir City

Thursday

Total Body	9:30-10:30am	Oakland United Methodist	1	Greenback
Water Aerobics*	12:00-1:00pm	Lenoir City Pool	1,2	Lenoir City
Zumba	4:15-5:15pm	Memorial Building	1,2	Lenoir City
Body Sculpt <u>CC</u>	4:00-5:00pm	Lenoir City Elementary	2,3	Lenoir City
Water Aerobics*	5:30-6:30pm	Lenoir City Pool	1,2	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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