



**-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.getwithhitwomen.org](http://www.getwithhitwomen.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 OCTOBER 2010 Free Exercise Classes*

### **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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