

Monday

Total Body	9:00-10:00am	Cora Veal Center (M) Level:1,2
Stability Ball Class	10:00_10:30 am	Cora Veal Center (M) Level: 1
Zumba Gold	9:30-10:30am	Tellico Plains Community Center (TP) Level:1/2
Fit & Tone	9:30_10:30 am	Vonore Baptist Church (V) Level
Combo- Aerobics	3:30-4:00pm	Willow Creek (S) Level: 1,2
Zumba CC	5:00-6:00pm	Get With It Studio (M) Level: 2
CO_ED Zumba	6:15-7:00pm	Get With It Studio (M) Level: 1/2
Co-Ed Body Sculpt 321	7:00-8:00 pm	Get With It Studio (M) Level: 2

TUESDAY

Zumba	9:00—10:00 am	Marcella Center Level: 1
Total Body	10:30_11:30 am	Oakland United Methodist Church (GB) Level: 1
Zumba Gold	3:30-4:15pm	Madisonville Intermediate School (M) Level: 1
Zumba Gold	4:30-5:15pm	Madisonville Intermediate School (M) Level: 1
Aerobics	5:30-6:30pm	Get With It Studio (M) Level:1,2

WEDNESDAY

Total Body	9:00-10:00am	Cora Veal Center (M) Level: 1,2
Yoga	9:00-10:15am	Get With It Studio (M) Level: 1,2
Fit & Tone	9:30-10:30am	Vonore Baptist Church (V) Level: 1
3 S's	10:30-11:30 am	Get With It Studio (M) Level: 2
Chair Exercise	12:15-1:00pm	Get With It Studio (M) Level: 1
Combo- Aerobics	3:30-4:00pm	Willow Creek (S) Level: 1/ 2
Intermediate Line Dancing 1	4:30-5:30 pm	Get With It Studio Level :2
Intermediate Line Dancing 2	5:30-6:30 pm	Get With It Studio Level: 2/3

THURSDAY

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP) Level: 2
Stability Ball Class	10:30-11:00 am	Tellico Plains Community Center (TP) Level:1
Tai Chi For Arthritis	3:30-4:30 pm	Get With It Studio
Zumba	3:30-4:30pm	Vonore Elementary School (V) Level: 1
Zumba CC	4:30-5:30pm	Get With It Studio (M) Level: 2
Aerobics	5:30-6:30pm	Get With It Studio (M) Level: 1,2
Co-Ed Body Sculpt 321	6:30-7:30pm	Get With It Studio (M) Level: 2

February



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



For Information Please Contact:

www.getwithitwomen.org

423-420-3991 or 877-420-3991

FRIDAY

Body Sculpt	9:00-10:00am	Willow Creek (S) Level: 2
Yoga	9:00-10:15am	Cora Veal Center (M) Level: 1,2
Zumba Gold	9:00-10:00am	Marcella Center (S) Level: 1,2
Pilates	9:30-10:30am	Vonore Baptist Church (V) Level: 1,2
Combo- Aerobics	3:30-4:00pm	Willow Creek (S) Level: 1,2
Beginners Line Dancing	5:00-6:00pm	Get With It Studio (M) Level: 1