

MONROE County Fitness Schedule



Monday

Total Body	9:00-10:00am	Cora Veal (M) Level:1,2
Zumba Gold	9:30-10:30am	Tellico Plains Community Center (TP) Level: 1,2
Fit & Tone	9:30-10:30am	Vonore Baptist Church (V) Level:1 & 2
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 Gold	9:00-10:00 am	Marcella Center
Total Body	10:30-11:30 am	Oakland United Methodist Church 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 (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 & 2
3 S's	10:30-11:30 am	Get With It Studio 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	5:30-6:30 pm	Get With It Studio Level: 1

THURSDAY

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP) Level: 2
Tai Chi For Arthritis	3:30-4:30 pm	Get With It Studio Level: 1
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

FRIDAY

Body Sculpt	9:00-10:00am	Willow Creek (S) Level: 2
Yoga	9:00-10:15am	Cora Veal (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 Starts back Jan. 12th

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

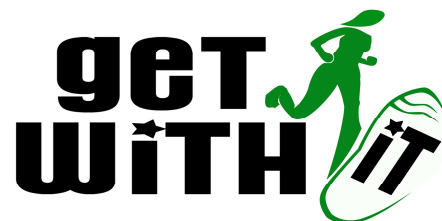
3= Higher impact movements, faster music, and more advanced choreography

M=Madisonville SW=Sweetwater

TP=Tellico Plains V=Vonore

G=Greenback

*** New Classes Coming in FEBRUARY!



For Information Please Contact:
www.getwithitwomen.org
423-420-3991 or 877-420-3991

January