

JULY 2011

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
Pillar Strength	10:15-11:00am	Get With It Studio (M) Level: 1,2
Body Sculpt CC	6:30-7:30pm	Kids Kare (M) Level: 2

TUESDAY		
Total Body	9:00-10:00am	Willow Creek (S) Level:1,2
Water Aerobics *	9:30-11:00am	Sweetwater City Pool (S) Level: 1,2
Zumba Gold CC	4:30-5:15pm	Get With It Studio (M) Level: 1,2
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
3 "S"s"	10:30-11:45am	Get With It Studio (M) Level: 2,3
Chair Exercise	12:15-1:00pm	Get With It Studio (M) Level: 1

THURSDAY		
Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP) Level: 2
Water Aerobics *	9:30-11:00am	Sweetwater City Pool (S) Level: 1,2
Aerobics	5:30-6:30pm	Get With It Studio (M) Level: 1,2
Zumba Gold CC Begins 07/14	5:30-6:15pm	Kids Kare (M) Level: 1,2
Body Sculpt CC	6:30-7:30pm	Kids Kare (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	9:30-10:30am	Marcella Center (S) Level: 1,2
Pilates	9:30-10:30am	Vonore Baptist Church (V) Level: 1,2

SATURDAY		
Water Aerobics *	9:30-11:00am	Sweetwater City Pool (S) Level: 1,2

ANNOUNCEMENTS

Instructor Break July 4-8th

NO CLASSES

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

***=** Water Aerobics \$3.00/class

M=Madisonville **S=**Sweetwater
TP=Tellico Plains **V=**Vonore

OUTSIDE CLASSES
CANCELLED WHEN
RAINING

www.getwithitwomen.org

423-420-3991 or 877-420-3991

