

# MONROE County Fitness Schedule



The GWI Office Will Be Closed in observance of the Thanksgiving holidays on Nov. 23, 24, and 25th. Please check with individual trainers, if questions about your particular class.

### 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 S=Sweetwater TP=Tellico Plains V=Vonore



**For Information Please Contact:**

**[www.getwithitwomen.org](http://www.getwithitwomen.org)  
423-420-3991 or 877-420-3991**

## 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
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
Body Sculpt CC	6:30-7:30pm	Kids Kare (M) Level: 2

## TUESDAY

Water Aerobics	9:00-10:00am	Willow Creek (S) Level:1,2
Zumba Gold	9:00-10:00am	Marcella Center (S) Level: 1
Zumba CC	3:30-4:15pm	Madisonville Primary School (M) Level: 2
Zumba Gold CC	4:30-5:15pm	Madisonville Primary 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
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
Combo- Aerobics	3:30-4:00pm	Willow Creek (S) Level: 1,2
Intermediate 1 Line Dancing	4:30-5:30pm	Get With It Studio (M) Level: 2
Intermediate 2 Line Dancing	5:30-6:30pm	Get With It Studio (M) Level: 3

## THURSDAY

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP) Level: 2
Zumba Gold	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
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	9:00-10:00am	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

**November 2011**