

# MONROE County Fitness Schedule



## 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
Total Body	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 Cancelled Oct. 7&Oct. 21

# October 2011