

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
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

Sept.24th Tour De Tellico and
GWI Fun Walk
10:30-12:00pm
(visit tourdetellico.com or
the **GWI** Studio to register)

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
423-420-3991 or 877-420-3991**

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