



**-FREE
EXERCISE CLASSES**

A Healthy Lifestyle Program for the women of Monroe and Loudon Counties

Women's Wellness and Maternity Center and
the GWI Collaborative
423-420-3991 or 1-877-420-3991
116 College St. | Madisonville, TN 37874

www.getwithitwomen.org

*****HAPPY THANKSGIVING!*****

No Classes November 25-27th

Get With It would like to say *THANK YOU* to ALL of our **GWI** Participants for your hard work and dedication to living a healthier lifestyle!!!

**The Average American GAINS 15 lbs. from Thanksgiving to January 6th!
Don't be AVERAGE!**

Schedule Key

****Zumba Gold** is tailored especially for seniors and very beginners!
Zumba Gold at Christ Our Savior Church will be offered on the first, second, and fourth Saturdays of the month.

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

**Located on Hwy 11 across the bridge, on right, just past Carl's Drive-In.

**Loudon County
November 2009
Free Exercise Classes**

Monday

| | | | | |
|-----------------------|--------------|--------------------------|-----|-------------|
| Body Sculpt <u>CC</u> | 4:00-5:00 pm | Lenoir City Elementary | 2,3 | Lenoir City |
| Zumba | 4:00-5:00 pm | Loudon High School | 1,2 | Loudon |
| Balance and Core | 6:00-7:00 pm | Central United Methodist | 1,2 | Lenoir City |

Tuesday

| | | | | |
|----------------------|--------------|---------------------------|-----|-------------|
| Mommies and Me Yoga | 8:30-9:30 am | First Presbyterian Church | 1,2 | Lenoir City |
| Total Body | 10:30-11:30 | Oakland United Methodist | 1 | Greenback |
| Zumba | 4:00-5:00 pm | Loudon High School | 2 | Loudon |
| Total Body | 4:00-5:00pm | Loudon Elementary School | 1,2 | Loudon |
| Zumba <u>CC</u> | 5:00-6:00 pm | Central United Methodist | 2 | Lenoir City |
| Total Body <u>CC</u> | 6:00-7:00 pm | Central United Methodist | 2 | Lenoir City |

Wednesday

| | | | | |
|-----------------|--------------|---|-----|-------------|
| Yoga <u>CC</u> | 8:30-9:30 am | Central United Methodist | 2 | Lenoir City |
| Zumba Gold | 2:00-3:00 pm | Loudon Senior Center | 1,2 | Loudon |
| Yoga | 3:00-4:00 pm | Loudon Senior Center | 1 | Loudon |
| Yoga | 4:00-5:00 pm | **HEAL | 1 | Loudon |
| Zumba <u>CC</u> | 4:15-5:15 pm | Lenoir City Elementary | 2 | Lenoir City |
| Pillar Strength | 5:30-6:30 pm | Greenback 1 st Presbyterian Church | 1,2 | Greenback |

Thursday

| | | | | |
|-----------------------|---------------|--------------------------|-----|-------------|
| Total Body | 10:30-11:30am | Oakland United Methodist | 1 | Greenback |
| Body Sculpt <u>CC</u> | 4:00-5:00pm | Lenoir City Elementary | 2,3 | Lenoir City |
| Zumba | 4:00-5:00pm | Loudon High School | 1,2 | Loudon |
| Zumba <u>CC</u> | 5:30-6:30pm | Central United Methodist | 2 | Lenoir City |
| Total Body | 6:00-7:00 pm | Loudon United Methodist | 2 | Loudon |

Friday

| | | | | |
|-----------------|--------------|------------------------|---|-------------|
| Zumba <u>CC</u> | 4:15-5:15 pm | Lenoir City Elementary | 2 | Lenoir City |
|-----------------|--------------|------------------------|---|-------------|

Saturday

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|--------------|-------------|--------------------------|---|--------|
| **Zumba Gold | 11:00-12:00 | Christ Our Savior Church | 1 | Loudon |
|--------------|-------------|--------------------------|---|--------|