

Free Exercise Classes
Monroe County
 November 2009

Monday

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Zumba Gold	9:00-10:00am	Tellico Community Ctr. (TP)	1,2
Fit & Tone	10:00-11:00am	Vonore Baptist Church (V)	1
Pillar Strength	10:00-11:00am	Get With It Studio (M)	1,2
Aerobics	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Zumba <u>CC</u>	5:00-6:00pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1

Tuesday

Downtown Autumn Walk	8:15-8:45am	Meet at GWI Studio	1
Balance & Core	9:00-10:00am	Willow Creek (S)	2
Step Class	9:00-9:45am	Get With It Studio (M)	2,3
Zumba	3:30-4:30pm	Madisonville Primary School	1,2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2

Wednesday

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Yoga	9:00-10:15am	Get With It Studio (M)	1,2
Fit & Tone	10:00-11:00am	Vonore Baptist Church (V)	1
Weight Training	10:30-11:15am	Get With It Studio (M)	
*Personal Training	11:30am by Appt. ONLY	Get With It Studio (M)	1
Aerobics	3:30-4:30 pm	Sweetwater Elementary School (S)	1,2
Step Class	4:30-5:15pm	Get With It Studio (M)	2,3

Thursday

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP)	2
**Tai Chi (Beginning October 1 st for 8 weeks)	10:00-11:00am	Get With It Studio (M)	1
Zumba <u>CC</u>	4:30-5:15pm	Get With It Studio (M)	2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2
Country Line Dancing	6:30-7:30pm	Get With It Studio (M)	1

Friday

Yoga	9:00-10:15am	Cora Veal (M)	1,2
Total Body	9:00-10:00am	Willow Creek (S)	2
Zumba	9:00-10:00am	Marcella Center (S)	1,2
Pilates	10:00-11:00am	Vonore Baptist Church (V)	1,2
Zumba Gold <u>CC</u>	5:00-5:45pm	Get With It Studio (M)	1
Zumba	6:00-6:45pm	Get With It Studio (M)	2

*****HAPPY THANKSGIVING!*** No Classes November 25-27th**

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



-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 37354

www.getwithitwomen.org

Schedule Key

*= must call for appointment

**Water Aerobics =\$3/class, \$20/month for GWI Participants
 Tai Chi =(Beginning October 1st for 8 weeks)
 \$6/class, \$48/ 8 weeks for GWI Participants

*** For Personal Training Participants ONLY (Limited to 5)

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

Outside Classes Cancelled when Raining

M=Madisonville

S=Sweetwater

TP= Tellico Plains

V=Vonore

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