Monroe County
October 2010

Monday

Total Body	9:00-10:00am	Cora Veal (M)	1,2
Zumba Gold	9:30-10:30am	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
Pilates/Pilates Yoga beginning 10/18/10	3:30-4:30pm	Vonore Elementary School (NO CLASS ON MON. AFTER THE 20TH OF EACH MONTH)	1,2
Aerobics	3:45-4:45pm	Willow Creek (S)	1,2
Zumba CC	5:00-6:00pm	Get With It Studio (M)	2,3

Tuesday

Body Sculpt	9:00-10:00am	Willow Creek (S)	2
Zumba Gold	9:00-10:00am	Marcella Center (S)	1,2
Zumba CC	3:30-4:30pm	Madisonville Primary School (M)	1,2
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
3 "S's"	10:30-11:45am	Get With It Studio (M)	2,3
Chair Exercise	12:15-1:00pm	Get With It Studio (M)	1
Aerobics	3:45-4:45pm	Willow Creek (S)	1,2
Beginner 1 Line Dancing	4:30-5:30pm	Get With It Studio (M)	1
Intermediate 1 Line Dancing	5:30-6:30pm	Get With It Studio (M)	2

Thursday

Pillar Strength	9:30-10:30am	Tellico Plains Community Center (TP)	2
Zumba CC	4:30-5:15pm	Get With It Studio (M)	2
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2
Intermediate 2 Line Dancing	6:30-7:30pm	Get With It Studio (M)	3

Friday

Total Body	9:00-10:00am	Willow Creek (S)	2
Yoga	9:00-10:15am	Cora Veal (M)	1,2
Zumba Gold	9:00-10:00am	Marcella Center (S)	1,2
Pilates	10:00-11:00am	Vonore Baptist Church (V)	1,2
*Tai Chi	3:00-4:00pm	Get With It Studio-Begins 09/17/10	1,2
Zumba Gold	5:00-5:45pm	Get With It Studio (M)	1,2
Zumba	6:00-6:45pm	Get With It Studio	2

FREE
EXERCISE CLASSES
Monroe County
October 2010

get WiTH it

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

*** Tai Chi= $6 class - 8 week session**
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

FALL BREAK OCT4TH-8TH NO CLASSES AT ANY SCHOOL LOCATION