

*Free Exercise Classes*  
**Monroe County**  
*September/October 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 CC	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
Zumba CC	3:45-4:30pm	First United Methodist (S)	1,2
**Water Aerobics	5:30-6:30pm	TMG (S)	1
Aerobics	5:30-6:30pm	Get With It Studio (M)	1,2
Zumba	5:00-6:00pm	Marcella Center (S)	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 <sup>st</sup> for 8 weeks)	10:00-11:00am	Get With It Studio (M)	1
Zumba CC	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**

Pilates	8:45-9:30am	Get With It Studio (M)	1,2
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 CC	5:00-5:45pm	Get With It Studio (M)	1
Zumba	6:00-6:45pm	Get With It Studio (M)	2



**-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](http://www.getwithitwomen.org)

Schedule Key

- \*= must call for appointment
- \*\*Water Aerobics =\$3/class, \$20/month for GWI Participants  
Tai Chi =(Beginning October 1<sup>st</sup> 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