



GROUP FITNESS

MARCH NFC TAZEWELL

(865) 687-6066

CLASS DESCRIPTIONS

AQ-Water Classes	BP-BodyPump	DF-Dance Fusion	PY-Pilates/Yoga	T&S -Tread n Shed
BA-BodyAttack	BF-BodyFlow	BPx-BodyPump Express (45 minutes)	RPM-Cardio Cycle	Y-Yoga
BC-BodyCombat	BS-BodyStep	GCC-Gentle Cardio Condition	C-Cycle	ZU- Zumba
	Cir-Cardio Circuit	Jam-BodyJam	AZ-Aqua ZUMBA	YQ-Yoqua

MARCH GROUP FITNESS MARATHON- Complete 26 classes in 31 days!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00p T&S Sara W	9:00a BP Karen D 10a ZU Lakin 10a RPM Sam 5:00p BP Sara W 6:00p T&S Steph J 6:30p ZU Kim P	5:45a BP Sara W. 9:00a BP Karen D. 5:30p Cir Steph J 6:30p BP Steph J	9:00a RPM Sam 10a BP Sam 5:00p BP Steph J 6:00p T&S Steph J 6:00p BC Lindsey 7:00p ZU Kim P	5:45a BP Mindy 9a BP Karen D. 10a ZU Lakin 5:30p BP Celena	9:00a BP Steph J 10a T&S Steph J 6:00p DF Tressa	8:15a BP Steph J 9:15 T&S Steph J 10:15a ZU Jenn B
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11a Y April	10:10a BF Karen D	8a GCC April 9:00a Y April	9a PY April	9a GCC April	
Club Hours: Opens Mon 5am -12am Sat 7am - 8pm Sun Noon - 8pm						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10a AQ Kim	6:00p AQ Angela	10a AQ Kim	6:00p AQ Angela	10a YQ April	
Childcare Hours: M - F 8am - Noon M - Th 4p-9pm F 4pm-8pm Sat 8am - Noon Sun 3pm-6pm						

**CARDIO &
STRENGTH**

**MIND/BOD
Y**

WATER

