

# NOVEMBER GROUP FITNESS

## NFC SEVIERVILLE



### CLASS DESCRIPTIONS

AF -Aqua Fit

AQ-Arthritis Aqua

C-Cycle

CD-Cardio Dance

PF-PowerFlex

SS-Step &Sculpt

TB-Total Body Workout

TS -Tread n Shed

Y-Yoga

KB-Kickboxing

ZUM-Zumba

TAB-Tabata

### Group Fitness Room

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
9:00 TB Erika	9:00 C Jen	9:00 TB Erika	9:00 C Jen	8:30 TB Erika	
10:00 TS Marcie		11:00 Y Z		10:00 TS Marcie	9:00 PF Yosephine
11:00 Y Marcie			6:00 ZUM Yosephine	11:00 Y Marcie	10:00 ZUM Yosephine
6:45 CD Cammie			7:00 PF Yosephine		11:00 Y Marcie
4:30 Karate		4:30 Karate			

### POOL

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
10:00 AF Erika		10:00 AF Erika		10:00 AF Erika	
11:00 AQ Susan S		11:00 AQ Susan S		11:00 AQ Susan S	