

APRIL GROUP FITNESS

NFC SEVIERVILLE



CLASS DESCRIPTIONS

AF -Aqua Fit

AQ-Arthritis Aqua

C-Cycle

CD-Cardio Dance

CX-Cycle Express

S-Strong

TB-Total Body Workout

TS -Tread n Shed

Y-Yoga

****Note: Saturday, April 6th-Try a "Strong" master class, 9a-10a (yoga classes cancelled this day)**

Group Fitness Room

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
6:00 CX Keith					
9:00 TB Erika	9:00 C Jen	9:00 TB Erika	9:00 C Jen	8:30 TB Erika	8:00 Y Z
10:00 TS Marcie	4:30 CD Cammie	11:00 Y Z		10:00 TS Marcie	11:00 Y Marcie
11:00 Y Marcie	6:00 CX Keith			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	