

AUGUST GROUP FITNESS

NFC SEVIERVILLE



CLASS DESCRIPTIONS

AF -Aqua Fit

AQ-Arthritis Aqua

C-Cycle

CD-Cardio Dance

CX-Cycle Express

SS-Stretch 'n Strength

TB-Total Body Workout

TS -Tread n Shed

Y-Yoga

S-Strong

Group Fitness Room

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY	SATURDAY
6:00 CX Keith				8:30 TB Amanda	
9:00 TB Amanda	9:00 C Jen	9:00 TB Amanda	9:00 C Jen		9:00 S Amanda
10:00 TS Marcie				10:00 TS Marcie	10:00 SS Amanda
11:00 Y Marcie				11:00 Y Marcie	11:00 Y Marcie
	4:45 CD Cammie				
	6:00 CX Keith				
7:00 S Rudy			7:00 S Rudy		
4:30 Karate		4:30 Karate			

POOL

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