



# GROUP FITNESS

## November NFC SEVIERVILLE

(865)429-2400

### CLASS DESCRIPTIONS

TBA-Total Body Aqua  
AQ- Aqua Arthritis  
C- Cycle

Z-Zumba  
P-Pilates  
Y- Yoga

TB- Total Body Workout  
TS- Tred N Shed

| SUNDAY            | MONDAY  | TUESDAY                                    | WEDNESDAY  | THURSDAY       | FRIDAY  | SATURDAY                                   |
|-------------------|---|--|--|----------------|---|--|
|                   | 9:00 Total Body Diane<br>10:00 Tred N' Shed Marcie<br><br>6:00 Total Body Diane/ Shelby | 9:00 Cycle Jen<br><br>4:00 Pilates Melissa | 9:00 Total Body Diane<br><br>5:00 Pilates Melissa<br>6:00 Total Body Diane/ Shelby | 9:00 Cycle Jen | 9:00 TB Diane<br>10:00 TS Marcie<br>10:00 Cycle Melissa | 8:00 Cycle Melissa<br>9:00 Pilates Melissa |
| SUNDAY            | MONDAY  | TUESDAY                                    | WEDNESDAY  | THURSDAY       | FRIDAY  | SATURDAY                                   |
| No Sunday Classes | 11:00 Yoga Marcie   |  |  |                | 11:00 Yoga Marcie                                       | 11:00 Yoga Marcie                          |
| SUNDAY            | MONDAY  | TUESDAY                                    | WEDNESDAY  | THURSDAY       | FRIDAY  | SATURDAY                                   |
| No Sunday Classes | 10:00 TBA Diane/Shelby<br>11:00 AQ Susan  |  | 10:00 TBA Diane/Shelby<br>11:00 AQ Susan   |                | 10:00 TBA Shelby<br>11:00 AQ Susan                      |  |

**CARDIO &  
STRENGTH**

**MIND/BODY**

**WATER**

