

NFC CLARKSVILLE

FEBRUARY GROUP FITNESS

Club Hours Monday - Thursday: 24 HOURS Friday: Close at 8pm, Saturday: 8am - 6pm Sunday: Noon - 5pm

* half hour class











Phone: (931) 647-0060



CLASS DESCRIPTIONS

BP-  C - Cycle
 BC-  CA - Cardio Aerobics
 CT - Circuit Training
 PiYo - Pilates & Yoga
 JAM-  Z - Zumba

INTERESTED IN TEACHING GROUP FITNESS CLASSES?
CONTACT Brandi Hancock at Brandihancock@NFC1.COM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 C Jen	8:30 Piyo Rachel	8:30 C Rachel	8:30 CA Rachel		
	9:30 CT Brandi	9:30  Brandi	9:30  Brandi	9:30  Jen	9:30  Brandi	9:00 C Lee
	10:30 Abs* Brandi			10:30 Abs* Jen	10:30 CT Jen	10:00  Jen
	4:30 CA Rachel					11:00 PiYo Yvette
	5:30 C Diana	5:30  Jen	5:30 C Diana	5:30  Rachel	5:30  Jen	
	6:30  Jen	6:30 CT Rachel	6:30 Z Samantha	6:30  Brandi	6:30 Z	
	7:30 Abs* Jen	7:30 Piyo* Yvette		7:30 PiYo* Yvette		

Childcare Hours Monday - Friday: 8a - 12p, 4p - 8p Saturday: 8a - 12p

LAUNCH WEEK FEBRUARY 17th-20th CHECK THE ANNOUNCEMENT BOARD FOR DETAILS!

