

FEBRUARY GROUP FITNESS

NFC TAZEWELL



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|-------------------------|--------------------------|------------------------------------|---------------------------|
| AQ-Water Classes | BF-Body Flow | GCC-Gentle Cardio Condition | ST -Strength Train |
| AQI-Aqualates | BP-BodyPump | Jam-BodyJam | TS -Tread n Shed |
| BA-BodyAttack | BS-BodyStep | P-Pilates | TK-Turbo Kick |
| BAL-BA Low | BY-Beginning Yoga | PY-Pilates/Yoga | Y -Yoga |
| BC-Body Combat | C-Cycle | S -Step | YQ -Yoqua |

CLASS DESCRIPTIONS

LES MILLS and GX LAUNCHES FEB 5-FEB 7! SEE FLYER FOR MORE INFO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 S MaryNelle	5:30 BP Jorgene	5:30 S Muna			8:00 BP Jillian
	9:00 BS Suzan	8:15 C Michelle	9:00 S MaryNelle	8:15 C Diane	9:00 BP Danyl	9:00 TS Diane
3:00 C Suzanne	10:00 BP Trillia	9:00 BP April	9:00 C Michelle	9:00 BP April	10:15 TS Diane	9:00 BS Sharon
3:00 BP Trillia		10:00 BA Trillia	10:00 ST MaryNelle	10:15 TS Whitney		10:00 BP Diane
4:00 BC Suze		4:30 BA Kim B		4:30 BS Jenn	4:30 ST Meghan	
	4:30 BP Danyl	5:30 BP Stephanie	4:30 BP Elizabeth	5:30 BP Jenn	5:45 BA Meghan	
	5:30 C Jorgene	6:30 C Kimberely	5:30 TS Kimberly	6:30 TS Kimberly		
	6:30 S Muna	6:30 BS Stephanie	6:30 BC Elizabeth	6:30 Jam Myrna		

CARDIO & STRENGTH

Classes are held downstairs in the KIM Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 Y Jodi		9:00 Y Jodi	10:15 PY April	9:00 Y Jodi	
	9:00 GCC MaryN #				9:00 GCC Lynne #	11:00 Y Jodi
5:00 BF Danyl	4:30 BF Whitney		5:30 BF Jorgene	6:00 BY Danyl		
	6:00 Y Rene					

MIND/BODY

Club Hours: Opens Mon 5am M - F 24 HOURS Closes Fri Midnight Sat 7am - 8pm Sun Noon - 8pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 AQ Jill		10:00 AQ Jill		10:15 YQ April	
	6:30 AQ Lynne					

WATER

Childcare Hours: M - F 8am - Noon M - T 4pm - 9pm F- 4pm-8pm Sat 8am - Noon Sun 3pm-6pm

Adult Karate Class on Tuesday's in the KIM room at 6:45 pm, contact the front desk for more info