

FEBRUARY 2010 GROUP FITNESS

NFC SEVIERVILLE



CLASS DESCRIPTIONS

AB -Aqua Box
AF -Aqua Fit
BF-Body Flow

BP -BodyPump
C -Cycle
C&F -Core & Floor
Fib -Fibro & Arthritis Aqua

GCC-Gentle Cardio Cond.
Jam-BodyJam
STEP - Step
STR -Strength Training

TB- Total Body
T&S -Tread n Shed
Y -Yoga

CHECK OUT

LES MILLS NEW RELEASE LAUNCHES:

FEB 3rd, PUMP; FEB 4th, JAM; and FEB 8th, FLOW....DETAILS TO COME!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 BP Diane	5:30 C Beth	8:30 BP Diane		8:30 TB Chris	
9:15 TS Chris	9:00 C Jennifer V	9:45 TS Diane	9:00 C Jennifer V		9:00 ST Cammie 10:00 JAM Cammie
5:30 STEP Christina	5:30 C Jennifer R	5:30 C&F Marcie	5:15 C Jennifer R		
6:30 BF Cammie	6:30 Y Teresa	6:00 Y Marcie	6:30 JAM Cammie		
Club Hours:		M - F 5am - 11:00 pm	Sat 8am - 8pm	Sun Noon - 6pm	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 WWF Chris		10:00 AF Susan B		10:00 AF Chris	10:00 AF Shalea
11:00 Fib Susan			11:00 Fib Susan		
	5:30 AF Shalea		5:30 AB Shalea		
Childcare Hours:		M - F 8am - Noon, 4:00pm - 8pm	Sat 8am - Noon	Closed Sun	

**CARDIO
&
STRENGTH**

**MIND &
BODY**

WATER

Join us in the Group Fitness Room!

Adult Karate Mon and Wed at 7:45 pm in the KIM room, see front desk for more info.