

AUGUST 2017 GROUP FITNESS MORRISTOWN NFC



CLASS DESCRIPTIONS

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|------------------------------------|--|-------------------------|
| Abs - Ab Soutions | CX - CXWORX | SPIN--Freestyle Cycling |
| BA-E - BODYATTACK Express (45 min) | GCC - Gentle Cardio Condition TS - Tred-n-Shed | |
| BC - BODYCOMBAT | PiYo - Pilates/Yoga | WA - Water Aerobics |
| BP - BODYPUMP | PP - Power Pilates | Y - Yoga |
| BP - BODYPUMP Express (45 min) | PY - Power Yoga | Z - Zumba |
| CB - Cardio Blast | RPM - Aerobic Cycling | |

**YOGA ON SUNDAYS @4PM--Come de-stress before your week begins!
Zumba is back on Saturdays!**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 BP Kim	8:35 BA-E Lane		6:00 BP Lisa B.		6:00 BP Sara	8:30 SPIN* Robin
	9:30 BP Sara	8:45 BC Jessica		8:45 BC Jessica		8:30 BC Aya
	10:45 GCC Gretchen	9:50 BP Jessica	8:45 RPM* Bobbie	9:50 BP Jessica	8:35 BA-E Lane	9:20 BP-E Aya
		11:00 Z Veronica	9:30 CB Gretchen	11:00 Z Veronica	9:30 BP Lisa B.	10:10 CX Aya
	12:00 TS* Gretchen		10:45 GCC Gretchen			10:45 Z Rachel & Veronica
		4:30 Z Rachel	5:30 TS* Gretchen	4:30 Z Rachel	5:30 TS* Gretchen	
	4:30 RPM* Bobbie	5:30 BA-E Beth	5:30 SPIN Robin	5:30 BC Sergio		
	5:30 BP-E Lisa H.	6:30 BP Aya	5:30 BP-E Ted	6:30 BP Ted		
	6:15 CX Lisa H.	7:35 Z Lindsey	6:15 CX Ted	7:35 Z Lindsey		
	6:45 BC Aya	7:00 Adult Karate***	6:45 BC Ted	7:00 Adult Karate***		
*RPM, SPIN, & TS require a 15 minute sign-in prior to class						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 Y Andee	5:30 Y Marlene	11:00 Ppi Patti		11:00 Y Amy		
		5:30 PY Amy		5:30 PiYo Andee	10:45 Ppi Patti	
Club hours: Mon-Fri 5am-Midnight Sat 8am-8pm Sun Noon-6pm Telephone#: (423)317-3337						
	9:30 WA Jan	9:30 WA Deb	9:30 WA Jan		9:30 WA Jan	
Childcare Hours: Mon-Thurs: 8am - 12pm 4pm - 9pm Friday: 8am-12pm 4pm-8pm Sat 8am - 12pm Closed Sunday						

CARDIO & STRENGTH

MIND/BODY

WATER

***Adult Karate on Tues/Thurs @7pm located in the Kids-in-Motion Room

