

# NOVEMBER 2018 GROUP FITNESS MORRISTOWN NFC



## CLASS DESCRIPTIONS

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|------------------------------------|---|
| AZ - Aqua Zumba                    | C - Freestyle Cycling                               |
| BA-E - BODYATTACK Express (45 min) | GCC - Gentle Cardio Condition Y - Yoga              |
| BC - BODYCOMBAT                    | P - Pilates   |
| BP - BODYPUMP                      | Z - Zumba   |
| BP - BODYPUMP Express (45 min)     | BP-E/Y - Bodypump Express 30 min.) / Yoga (30 min.) |
| CX - CXWORX                        | TS - Tred-n-Shed                                    |
|                                    | WA - Water Aerobics                                 |

**THANKSGIVING SCHEDULE: NO PM Classes Wed., Nov. 21 NO Classes on Thanksgiving Day  
Classes resume 8:30AM Friday, Nov. 23**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00 BP Lisa B.		6:00 BP-E/Y Sara	8:30 Cycle Robin
	9:30 BP Sara	8:45 BC Jessica		8:45 BC Jessica		8:30 BC Aya
	10:30 GCC Gretchen	9:50 BP Jessica	8:45 RPM - Bobbie	9:50 BP Jessica	8:35 TS* Lisa B.	9:20 BP-E Aya
	11:15 P Patty	11:00 Z Karen	10:30 GCC Gretchen	11:00 Z Karen	9:30 BP Lisa B.	10:10 CX Aya
			11:15 Y Marlene		10:30 GCC Gretchen	10:45 Z Veronica
		4:30 Y Andee			11:15 P Patty	
	4:30 Z Anna	5:30 TS* Gretchen		5:30 TS* Gretchen		
	5:30 BP-E Ted	5:30 BA Lane	4:30 Z Anna	5:30 BP Ted		
	5:30 C Robin	6:30 BP Aya	5:30 Cycle Robin	6:30 BC Sergio		
	6:15 CX Ted	7:35 Z Nay	5:30 PiYo Andee	7:35 Z Nay		
	6:45 BC Sergio	7:00 Adult Karate**	6:30 BC Ted	7:00 Adult Karate**		

**CARDIO &  
STRENGTH**

**Club hours: Mon-Fri 5am-Midnight Sat 8am-8pm Sun Noon-6pm Telephone#: (423)317-3337**

	9:15 WA Jan	9:15 AZ Deb	9:15 WA Jan		9:15 WA Jan	
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**WATER**

**Childcare Hours: Mon-Thurs: 8am - 12pm 4pm - 9pm Friday: 8am-12pm 4pm-8pm Sat 8am - 12pm Closed Sunday**

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

