

JANUARY 2019 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) | RPM - Aerobic Cycling |
| CX - CXWORX | TS - Tred-n-Shed |
| | WA - Water Aerobics |

NO Classes on New Years Day.

Les Mills Launch Saturday,

Jan. 19th. Open to the public-bring your friends & family!

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

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**

