

JANUARY GROUP FITNESS

NFC OAK RIDGE



CLASS DESCRIPTIONS

AP-Aqua Pilates	BA-Body Attack	GCC-Gentle Cardio Conditioning	Flow-BodyFlow	SW-Shallow Water
B&B-Balls & Bands	BP-Body Pump	C- Cycling	Jam- Body Jam	TS-Tred & Shed
BC-Body Combat	BPx- Body Pump Express	ACB-Aqua Cardio Barre	P-Pilates	KY-Kundalini Yoga
BS-Body Step	CX-CX Worx	SbyZ-Strong by Zumba	Sh'Bam-dance class	Y-Yoga
BM-Body Menders/Pilates	CA-Cardio Aqua	RPM- cycling class	S/T-Strength Training	ZU-Zumba
		AI-Aqua Intervals		

No classes New Years Day. New Les Mills releases begins Sat, Jan 12!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 C Tanya				5:45 BP Lorie	
	8:30 ST Danya			8:30 CX Kate		8:15 BP Lorie
	9:00 Sh'Bam Danya			9:10 BC Kate	9:00 C Michelle	8:25 C Tanya
	9:00 C Emi	10:15 GCC Angela	9:00 C Rachel	10:15 GCC Kate	9:00 ZU Valerie	9:15 BC Cody
	10:00 BP Jenny	12:00 BPX Valerie	10:00 BP Kate		10:00 BP Brooke	10:20 CX Suze
3:00 BP Caitlin		1:30 BM/P# Frances		1:30 BM# Frances		
4:00 ZU Valerie						
	5:00 CX Melissa	4:30 BP Christian	4:30 BS Sharon	4:30 BP Christian	4:30 BP Caitlin	
	5:30 Jam Melissa	5:30 RPM Suze	5:30 BP Melissa	5:30 BC Lisa		
	6:35 BP Vili	6:30 Z Jessie	6:35 CX Melissa	6:35 B&B Tanya		
		7:00 Adult Karate		7:00 Adult Karate		

CARDIO & STRENGTH

Classes are held downstairs in the KIM Room

*indicates fee based class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Y Kenda	9:15 P Danya	9:00 Y Danya	9:00 Flow Danya	10:15 KY Kas	
	5:30 KY Kas	5:30 Flow Lorie (Flow will be in main room)	5:30 P# Frances	5:30 PIYo Janice		9:20 Flow Lorie

MIND/BODY

Club Hours:

M - F 5am - Midnight

Sat 8am - 8pm

Sun Noon - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 DW Liz	9:00 AI Angela	9:00 CA Angela	9:00 AP Kim P.		
	10:00 AP Liz				10:00 ACB Ann	
		6:00 AI Liz				

WATER

Childcare Hours: M - F 8am - 12pm, 4pm - 8pm

Sat 8am - 12pm Closed Sun

483-6868