



TODAY IS GOING TO BE THE BEST DAY EVER!

MARCH 2018 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
				1 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics (Debbie)	2 5:15 Indoor Cycle (Nikki) 8:00 Line Dance Party 9:15 Cardio Combo (Debbie)	3
4	5 5:15 Indoor Cycle (Nikki) 8:00 Line Dance Party 9:15 ZUMBA (Suzie) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Suzie) 11:00 Deep Water (Carol)	6 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics (Debbie)	7 8:00 Line Dance Party 9:15 ZUMBA (Suzie) 10:00 Yoga (Carolynn) 10:00 Water Aerobics (Suzie) 11:00 Deep Water (Carol)	8 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics (Debbie)	9 5:15 Indoor Cycle (Nikki) 8:00 Line Dance Party 9:15 Cardio Combo (Debbie)	10
11	12 5:15 Indoor Cycle (Nikki) 8:00, 9:15, 10:00 NO CLASS, CARILION CPR 10:00 Water Aerobics (Candace) 11:00 Deep Water (Carol)	13 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics NO CLASS, CARILION CPR	14 8:00 Line Dance Party 9:15 ZUMBA (Suzie) 10:00 Yoga (Carolynn) 10:00 Water Aerobics (Suzie) 11:00 Deep Water (Carol)	15 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics (Debbie)	16 5:15 Indoor Cycle (Nikki) 8:00 Line Dance Party 9:15 Cardio Combo (Debbie)	17
18	19 5:15 Cycle (Nikki) 8:00 Line Dance Party 9:15 ZUMBA (Suzie) 10:00 Yoga (Carolynn) 10:00 Water Aerobics (Candace) 11:00 Deep Water (Carol)	20 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics (Debbie)	21 8:00, 9:15, 10:00 NO CLASS, CARILION CPR 10:00 Water Aerobics (Suzie) 11:00 Deep Water (Carol)	22 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics (Debbie)	23 5:15 Indoor Cycle (Nikki) 8:00 Line Dance Party 9:15 Cardio Combo (Debbie)	24
25	26 5:15 Cycle (Nikki) 8:00 Line Dance Party 9:15 ZUMBA (Suzie) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Candace) 11:00 Deep Water (Carol)	27 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics (Debbie)	28 8:00 Line Dance Party 9:15 ZUMBA (Suzie) 10:00 Yoga (Carolynn) 10:00 Water Aerobics (Suzie) 11:00 Deep Water (Carol)	29 9:00 Battle Ropes + Abs (Debbie) 10:00 Chair Aerobics (Debbie)	30 5:15 Indoor Cycle (Nikki) 8:00 Line Dance Party 9:15 Cardio Combo (Debbie)	31



GOOD EVENING!

MARCH 2018 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
			1 4:30 Power Pump (Debbie) 5:30 Battle Ropes (Jessica) 6:45 Yoga (Brittany)	<p>INDOOR CYCLING & SPINNING® will take place on the 2nd floor, beside the Weight Machine Room. An instructor will lead you through class in different variations and drills on the bikes. The class is limited to 11 participants.</p> <p>POWER PUMP- is a group weight workout. The class is limited to the first 19 participants. The class will use 3lb barbells. 2.5, 5 and 10 lb plates can be added. Total Body Workout</p> <p>CHAIR AEROBICS-The majority of the class will be done seated in the chair. A great beginner class, participants will do a cardio workout, toning and stretching.</p> <p>YOGA –These classes will meet in the group exercise room. The participants will work on breathing, stretching, toning and relaxation. Being barefoot is the preferred “shoe”. Mats will be available to use during class.</p> <p>ZUMBA®-This class combines Latin Dance moves Salsa, Merenque, Reggaton, and Cumbia. The class is an upbeat class for all ages.</p>
5 5:00 Battle Ropes (Matt) 5:30 ZUMBA NO CLASS 5:30 Indoor Cycle (Robin)	6: 4:30 Power Pump (Debbie) 5:30 Battle Ropes (Matt) 6:15 Indoor Cycle (Robin) 6:45 Yoga (Brittany)	7 5:00 Abs Only (Debbie) 5:30 SPORT (Jennifer) 5:30 SPIN (Carolynn) 6:15 WAR (Debbie)	8 4:30 Power Pump (Debbie) 5:30 Battle Ropes (Matt) 6:45 Yoga (Nikki)	<p>ABS ONLY: 20 minutes of floor abdominal work!</p> <p>DEEP WATER AEROBICS-Meets in the therapy pool. Limited to the 1st - 10. participants. The class focuses on: full range of motion, no impact and core workout</p> <p>CARDIO COMBO-Combination that may include step, hi/low, kickboxing, toning, weights and/or stretch!</p>
12 5:00 Battle Ropes (Matt) 5:30 ZUMBA (Suzanne) 5:30 Indoor Cycle (Robin)	13 4:30 Power Pump NO CLASS CARILION CPR 5:30 Battle Ropes (Matt) 6:15 Indoor Cycle (Jessica) 6:45 Yoga (Nikki)	14 5:00 Abs Only (Debbie) 5:30 SPORT (Jennifer) 5:30 SPIN (Carolynn) 6:15 WAR (Debbie)	15 4:30 Power Pump (Debbie) 5:30 Battle Ropes (Jessica) 6:45 Yoga (Brittany)	<p>HIIT BATTLE ROPE- High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves!</p> <p>SPORT - Drills, functional core movements and basic strength training come together to create a total body workout that fits everybody, from beginner to the athlete</p> <p>WAR— Exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.</p>
19 5:00 Battle Ropes (Matt) 5:30 ZUMBA (Suzanne) 5:30 Indoor Cycle (Robin)	20 4:30 Power Pump (Debbie) 5:30 Battle Ropes (Matt) 6:15 Indoor Cycle (Jessica) 6:45 Yoga (Brittany)	21 5:00 Abs Only (Debbie) 5:30 SPORT NO CLASS 5:30 SPIN (Carolynn) 6:15 WAR (Debbie)	22 4:30 Power Pump (Debbie) 5:30 Battle Ropes (Jessica) 6:45 Yoga (Nikki)	<p>LINE DANCE PARTY—Join this non-instructor led group for line dance fun and fellowship!</p>
26 5:00 Battle Ropes (Matt) 5:30 ZUMBA (Suzanne) 5:30 Indoor Cycle (Robin)	27 4:30 Power Pump (Debbie) 5:30 Battle Ropes (Matt) 6:15 Indoor Cycle (Jessica) 6:45 Yoga (Nikki)	28 5:00 Abs Only (Debbie) 5:30 SPORT (Jennifer) 5:30 SPIN (Carolynn) 6:15 WAR (Debbie)	29 4:30 Power Pump (Debbie) 5:30 Battle Ropes (Jessica) 6:45 Yoga (Brittany)	<p>**We welcome you to join any class at any time! All classes will be multi-level classes. All classes can be adjusted to your fitness level!</p>