



# TODAY IS GOING TO BE THE BEST DAY EVER!

## NOVEMBER 2018 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
NEW CLASS: BARRE, MONDAY'S 6:30PM beginning Nov 12th	NEW CLASS: INDOOR BOOT CAMP (check calendar for dates, offered on various nights)			1  5:15 High Impact/Toning (Marsha) <b>NO CLASS</b> 9:00 Battle Ropes + Abs (Carolynn) 10:00 Chair Aerobics (Cindy)	2 8:00 Line Dance Party (TJ) 10:00 Water Aerobics (Cindy)	3
4	5 8:00 Line Dance Party (TJ) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Viola)	6 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)	7 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party (TJ) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Cindy)	8 5:15 High Impact/Toning (Marsha) 9:00 Battle Ropes + Abs (Carolynn) 10:00 Chair Aerobics (Cindy)	9 8:00 Line Dance Party (TJ) 10:00 Water Aerobics (Cindy)	10
11	12 8:00 Line Dance Party (TJ) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Cindy)	13 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Cindy)	14 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party (TJ) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Viola)	15 5:15 High Impact/Toning (Marsha) 9:00 Battle Ropes + Abs (Carolynn) 10:00 Chair Aerobics (Brittany)	16 8:00 Line Dance Party (TJ) 10:00 Water Aerobics (Cindy)	17
18	19 8:00 Line Dance Party (TJ) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Cindy)	20 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Brittany)	21 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party (TJ) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Viola)	22  <b>CLOSED FOR THANKSGIVING</b>	23  <b>OPEN 8:00AM TO 4:00PM NO CLASSES</b>	24
25	26 8:00 Line Dance Party (TJ) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Cindy)	27 5:15 Battle Ropes (Marsha) 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (Cindy)	28 5:15 Indoor Cycle (Marsha) 8:00 Line Dance Party (TJ) 10:00 Yoga (Brittany) 10:00 Water Aerobics (Viola)	29 5:15 High Impact/Toning (Marsha) 9:00 Battle Ropes + Abs (Carolynn) 10:00 Chair Aerobics (Brittany)	30 8:00 Line Dance Party (TJ) 10:00 Water Aerobics (Cindy)	



# GOOD EVENING!

## NOVEMBER 2018 TAZEVELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
<p><b>NEW CLASS:</b>  <b>BARRE, MONDAY'S</b>            6:30PM beginning            Nov 12th</p>	<p><b>NEW CLASS:</b>  <b>INDOOR BOOT</b>  <b>CAMP</b>            (check calendar for            dates, offered on            various nights)</p>		<p>1            4:30 Power Pump (Cindy)            5:30 ZUMBA SENTAO            (Jami) <b>NO CLASS</b>            5:30 Battle Ropes (Jess)            6:30 Yoga (Brittany)</p>	<p><b>INDOOR CYCLING &amp; SPINNING®</b> will take place on the 2<sup>nd</sup> 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><b>POWER PUMP-</b> 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><b>CHAIR AEROBICS-</b>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><b>YOGA</b> –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><b>ZUMBA®</b>—This class combines Latin Dance moves Salsa, Merenque, Reggaton, and Cumbia. The class is an upbeat class for all ages.</p> <p><b>ZUMBA SENTAO®</b>—combines strength and resistance training with innovative dance moves, using a chair as your dance partner. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process.</p> <p><b>BOOT CAMP</b>—Workout consists of cardio conditioning (running or walking, plyometrics), strength training (weights, stability balls, resistance bands, kettle bells) and stretching. Instructor will vary the exercises and format regularly</p> <p><b>WATER AEROBICS</b>—Meets in the therapy pool. The class focuses on: full range of motion, no impact and core workout.</p> <p><b>HIIT BATTLE ROPE</b>— High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves!</p> <p><b>SPORT</b> – 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><b>BARRE</b>— Mixes elements of Pilates, dance, yoga and functional training. Moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as small hand weights and a chair to sculpt, slim and stretch your entire body.</p> <p><b>LINE DANCE PARTY</b>—Great group for dance fun and fellowship!</p>
<p>5            5:00 Battle Ropes (Matt)            5:30 ZUMBA (Jami)            5:30 Indoor Cycle (Robin)</p>	<p>6            4:30 Power Pump            (Keshia)            5:30 ZUMBA SENTAO            (Jami)            5:30 Battle Ropes (Jess)            6:30 Yoga (Brittany)</p>	<p>7            5:30 SPORT (Keshia)            5:30 SPIN (Robin)</p>	<p>8            4:30 Power Pump (Cindy)            5:30 Boot Camp (Keshia)            5:30 Battle Ropes (Jess)            6:30 Yoga (Brittany)</p>	
<p>12            5:00 Battle Ropes (Matt)            5:30 ZUMBA (Jami)            5:30 Indoor Cycle (Robin)            6:30 BARRE (Keshia)</p>	<p>13            4:30 Power Pump            (Keshia)            5:30 ZUMBA SENTAO            (Jami)            5:30 Battle Ropes (Jess)            6:30 Yoga (Brittany)</p>	<p>14            5:30 SPORT (Keshia)            5:30 SPIN (Robin)</p>	<p>15            4:30 Power Pump (Cindy)            5:30 ZUMBA SENTAO            (Jami)            5:30 Battle Ropes (Jess)            6:30 Yoga (Brittany)</p>	
<p>19            5:00 Battle Ropes (Matt)            5:30 ZUMBA (Jami)            5:30 Indoor Cycle (Robin)            6:30 BARRE (Keshia)</p>	<p>20            4:30 Power Pump            (Keshia)            5:30 Boot Camp (Keshia)            5:30 Battle Ropes (Jess)            6:30 Yoga (Brittany)</p>	<p>21            5:30 SPORT (Keshia)            5:30 SPIN (Robin)</p>	<p>22  <b>CLOSED FOR            THANKSGIVING</b></p>	
<p>26            5:00 Battle Ropes (Matt)            5:30 Boot Camp (Keshia)            5:30 Indoor Cycle (Robin)            6:30 BARRE (Keshia)</p>	<p>27            4:30 Power Pump            (Keshia)            5:30 Boot Camp (Keshia)            5:30 Battle Ropes (Jess)            6:30 Yoga (Brittany)</p>	<p>28            5:30 SPORT (Jennifer)            5:30 SPIN (Carolynn)</p>	<p>29            4:30 Power Pump (Cindy)            5:30 ZUMBA SENTAO            (Jami)            5:30 Battle Ropes (Jess)            6:30 Yoga (Brittany)</p>	