



TODAY IS GOING TO BE THE BEST DAY EVER!

AUGUST 2019 TAZEWELL MORNING CLASS SCHEDULE

SUN	MON	TUES	WED	THU	FRI	SAT
				1 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (TJ)	2 8:00 Line Dance Party 9:00 ZUMBA (Baleigh) 10:00 Water Aerobics (Viola)	3 NO CLASSES
4	5 8:00 Line Dance Party 9:00 ZUMBA NO CLASS 10:00 Water Aerobics (Viola)	6 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	7 8:00 Line Dance Party 10:00 Aquatic Dance (Viola)	8 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (TJ)	9 8:00 Line Dance Party 9:00 ZUMBA NO CLASS 10:00 Water Aerobics (Viola)	10 9:00 Power Pump (Tessia) 10:00 RUMBLE (Tessia)
11	12 8:00 Line Dance Party 9:00 ZUMBA (Baleigh) 10:00 Water Aerobics (Viola)	13 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	14 8:00 Line Dance Party 10:00 Aquatic Dance (Viola)	15 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	16 8:00 Line Dance Party 9:00 ZUMBA NO LINE DANCE/ZUMBA 10:00 Water Aerobics (Viola) Carilion in Group Ex	17 9:00 Power Pump (Keshia) 10:00 RUMBLE (Keshia)
18	19 8:00 Line Dance Party 9:00 ZUMBA (Jami) 10:00 Water Aerobics (Viola)	20 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics NO CHAIR AEROBICS Carilion in Group Ex	21 8:00 Line Dance Party NO LINE DANCE 10:00 Aquatic Dance (Viola) Carilion in Group Ex	22 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (TJ)	23 8:00 Line Dance Party 9:00 ZUMBA (Baleigh) 10:00 Water Aerobics (Viola)	24 9:00 Power Pump (Keshia) 10:00 RUMBLE (Tessia)
25	26 8:00 Line Dance Party 9:00 ZUMBA NO LINE DANCE/ZUMBA 10:00 Water Aerobics (Viola) Carilion in Group Ex	27 9:00 Battle Ropes + Abs (Matt) 10:00 Chair Aerobics (TJ)	28 8:00 Line Dance Party 10:00 Aquatic Dance (Viola)	29 9:00 Battle Ropes + Abs (Keshia) 10:00 Chair Aerobics (TJ)	30 8:00 Line Dance Party 9:00 ZUMBA (Baleigh) 10:00 Water Aerobics (Viola)	31 9:00 Power Pump (Keshia) 10:00 RUMBLE (Tessia)



GOOD EVENING!

AUGUST 2019 TAZEWELL EVENING CLASS SCHEDULE

MON	TUE	WED	THU	CLASS DESCRIPTION
			1 4:30 Power Pump (Jami) 5:00 Battle Ropes (Matt) 5:30 POUND (Jami) 6:30 Yoga (Rachel)	<p>POWER PUMP- is a group weight workout. The class will use 3lb barbells and weighted plates! Fantastic 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".</p>
5 5:00 Battle Ropes (Matt) 5:30 BARRE (Keshia) (NO RUMBLE)	6 4:30 Power Pump (Keshia) 5:00 Battle Ropes (Matt) 5:30 POUND (Keshia) 6:30 Yoga (Rachel)	7 4:30 ZUMBA NO CLASS 5:30 Yoga (Rachel) (NO RUMBLE)	8 4:30 Power Pump (Tessia) 5:00 Battle Ropes (Jess) 5:30 POUND (Keshia) 6:30 Yoga (Rachel)	<p>ZUMBA®-This class combines Latin Dance moves including Salsa, Merenque, Reggaton, and Cumbia. Fun for everyone!!</p> <p>WATER AEROBICS-The class focuses on: full range of motion, no impact and core workout. Meet in the therapy pool.</p> <p>HIIT BATTLE ROPE- High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves!</p> <p>LINE DANCE PARTY—Join this non-instructor led group for line dance fun and fellowship!</p>
12 5:00 Battle Ropes (Matt) 5:30 RUMBLE (Jami)	13 4:30 Power Pump (Jami) 5:00 Battle Ropes (Jess) 5:30 POUND (Jami) 6:30 Yoga NO CLASS	14 4:30 ZUMBA (Jami) 5:30 RUMBLE (Tessia)	15 4:30 Power Pump (Tessia) 5:00 Battle Ropes (Jess) 5:30 POUND (Jami/Keshia) 6:30 Yoga NO CLASS	<p>BARRE®-Mixes elements of Pilates, dance, yoga and functional training. 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 you entire body.</p> <p>RUMBLE by R.I.P.P.E.D.®- an authentic, yet simple to master, cardio mixed martial arts for the group exercise environment. You will use a weapon; The RUMBLE Stick – which creates a higher degree of training</p>
19 5:00 Battle Ropes (Matt) 5:30 RUMBLE (Jami)	20 4:30 Power Pump NO POWER PUMP 5:00 Battle Ropes (Jess) 5:30 POUND/BARRE NO POUND/BARRE 6:30 Yoga (Rachel) Carilion in Group Ex	21 4:30 ZUMBA (Jami) 5:30 RUMBLE (Keshia)	22 4:30 Power Pump (Tessia) 5:00 Battle Ropes (Jess) 5:30 POUND (Jami) 6:30 Yoga (Rachel)	<p>POUND®-Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising.</p> <p>AQUATIC DANCE JAMZ- Dance your heart out while toning and sculpting in the water! Natural aquatic resistance will create a total body workout!</p>
26 5:00 Battle Ropes (Matt) 5:30 RUMBLE (Jami)	27 4:30 Power Pump (Keshia) 5:00 Battle Ropes (Jess) 5:30 POUND/BARRE (Keshia) 6:30 Yoga (Rachel)	28 4:30 ZUMBA (Jami) 5:30 RUMBLE (Keshia)	29 4:30 Power Pump (Tessia) 5:00 Battle Ropes (Jess) 5:30 POUND (Jami) 6:30 Yoga (Rachel)	<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>