


Group Fitness October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>CLASS CANCELLATIONS:</p> <ul style="list-style-type: none"> Monday 4:30 pm Cardio Step Wednesday 9:20 am Cardio Step Wednesday 4:30 pm Functional Step 		<p>NEW!</p>  <p>Alternating with Cardio Dance on Wednesdays at 9:20 and on Mondays at 4:30!</p>		<p>1</p> <p>6:00 SPRINT (3) Wade 6:00 Uppercut Boxing (1) Philip 8:00 Tone & Balance 45 (2) Monique 8:30 BodyAttack (1) Ashley 9:00 Aqua BC (P) Jennifer 9:00 BodyBalance(2) Chelsea 9:00 Spin 45 (3) Monique 10:15 Barre (2) Erika 10:35 BodyPump(1) VIRTUAL 4:30 BST/BP 75(1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) No Class</p>	<p>2</p> <p>6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) VIRTUAL 9:00 Aqua BC (P) Jennifer 9:00 Pilates 45 (2) No Class 9:20 Cardio Dance 45(1) Jenna 10:10 Core 30 (1) Tabitha 10:15 Aqua (P) Donna 10:15 Yoga (2) No Class 10:45 Go Low(1) Tabitha 12:00 BodyPump 45 (1) Sara 12:00 SPIN RPM (3) Meg 5:30 BodyCombat(1) Ashley 5:30 SPIN 45 (3) VIRTUAL 6:00 Aqua (P) Kristi 6:00 Yoga (2) Michael 6:30 BodyPump (1) Courtney K</p>	<p>3</p> <p>6:00 SPRINT (3) Kim 8:00 Tone & Balance 45(2) Sara 9:00 BodyBalance (2) Sara 9:00 SPIN 45 (3) VIRTUAL 9:30 BOSU+Recover (1) Eric 10:00 SPRINT (3) VIRTUAL 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Ashley 5:00 Barre (2) Kristi 5:30 Bootcamp 45 (1) Philip 6:45 Cardio Dance (1) VIRTUAL</p>	<p>4</p> <p>6:00 BodyPump (1) Ashley 8:30 Kickboxing(1) Stephanie 8:30 SPIN 45(3) Monique 9:00 Aqua (P) Kristi 9:00 Barre (2) Chelsea 9:35 BodyPump (1) Shannon 10:00 BodyBalance (2) VIRTUAL 10:00 Jointercize (P) Kristi 10:45 Go Low (1) Sara 12:00 SPIN (3) Sheila 1:15 Restore Yoga 2) Sheila 5:30 BodyPump (1) VIRTUAL</p>	<p>5</p> <p>8:00 BodyStep (1) No Class 8:00 Spin 45 (3) Ashley 9:00 Aqua BC (P) Stephanie 9:00 BodyBalance(2) Kristi 9:05 SPRINT (3) Sarah 9:05 BodyPump (1) Courtney K 10:00 Barre (2) Kristi 10:15 BodyAttack 45(1) Shannon 11:00 Yoga (2) Sheila 11:05 Core 30 (1) Shannon</p>
<p>6</p> <p>11:30 BST/BP 90 (1) Alesia 1:00 Yoga (2) Sheila 1:00 SPIN (3) Michael 2:00 BodyPump (1) Ashley 2:00 BodyBalance (2) Sheila</p>	<p>7</p> <p>6:00 BodyPump (1) Sara 8:30 Barre (2) No Class 8:30 Bodycombat (1) Victoria 8:30 Spin 45 (3) Sara 9:00 Aqua BC (P) Stephanie 9:30 Core Fusion 25 (2) No Class 9:30 Core 25 (1) VIRTUAL 10:00 BodyPump 45(1) VIRTUAL 10:00 BodyBalance (2) VIRTUAL 10:15 Aqua (P) Stephanie 10:45 GoLow (1) Tabitha 12:00 SPIN RPM (3) VIRTUAL 4:30 Zumba (1) Ally 5:00 Barre (2) Erika 5:30 BodyAttack (1) Mikaela 6:00 Aqua (P) Kristi 6:15 SPIN 45 (3) Chris O 6:00 Yoga (2) Alesia 6:30 BodyPump (1) Courtney K</p>	<p>8</p> <p>6:00 SPRINT (3) Wade 6:00 Uppercut Boxing (1) Philip 8:00 Tone & Balance 45 (2) Nancy 8:30 BodyAttack (1) Ashley 9:00 Aqua BC (P) Stephanie 9:00 BodyBalance(2) No Class 9:00 SPRINT (3) Sarah 10:15 Barre (2) Mikaela 10:35 BodyPump(1) Sara 4:30 BST/BP 75(1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) VIRTUAL 7:00 Rest. Yoga 45 (2) Karen</p>	<p>9</p> <p>6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Monique 9:00 Aqua BC (P) Pam 9:00 Pilates 45 (2) Karen 9:20 Zumba 45(1) Ally 10:10 Core 30 (1) VIRTUAL 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Mikaela 12:00 BodyPump 45 (1) VIRTUAL 12:00 SPIN (3) Stephanie 5:30 BodyCombat(1) Victoria 5:30 SPIN RPM (3) VIRTUAL 6:00 Aqua (P) Kristi 6:00 Yoga (2) Michael 6:30 BodyPump (1) VIRTUAL</p>	<p>10</p> <p>6:00 SPRINT (3) Kim 8:00 Tone & Balance 45(2) Karen K 9:00 BodyBalance (2) Karen 9:00 SPIN 45 (3) Monique 9:30 Bootcamp+Recover(1) Eric 10:00 SPRINT (3) VIRTUAL 10:15 QiGong (2) No Class 10:45 BodyPump (1) Ashley 5:00 Barre (2) Kristi 5:30 Bootcamp 45 (1) Philip 6:45 Cardio Dance (1) VIRTUAL</p>	<p>11</p> <p>6:00 BodyPump (1) Courtney B 8:30 Kickboxing(1) Alesia 8:30 SPIN 45(3) Stephanie 9:00 Aqua (P) Kristi 9:00 Barre (2) Erika 9:35 BodyPump (1) Courtney K 10:00 Power Yoga (2) Michael 10:00 Jointercize (P) Kristi 10:45 Go Low (1) No Class 12:00 SPIN (3) Sara 1:15 Rest. Yoga (2) VIRTUAL 5:30 BodyPump (1) Shannon</p>	<p>12</p> <p>8:00 BodyStep (1) No Class 8:00 Spin 45 (3) Kari 9:00 Aqua BC (P) Kari 9:00 BodyBalance(2) Chelsea 9:05 SPRINT (3) Shannon 9:05 BodyPump (1) VIRTUAL 10:00 Barre (2) Chelsea 10:15 BodyAttack 45(1) Ashley 11:00 Yoga (2) VIRTUAL 11:05 Core 30 (1) Ashley</p>		

NEW! Thursdays BOSU and Bootcamp classes will add a 15 minute intensive stretch time at the end of the class! Come for just the stretch or the whole class!!

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool


All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump
Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>13</p> <p>11:30 BC/BP 90 (1) VIRTUAL 1:00 Yoga (2) VIRTUAL 1:00 SPIN (3) Kari 2:00 BodyPump (1) VIRTUAL 2:00 BodyBalance (2) VIRTUAL</p>	<p>14</p> <p>6:00 BodyPump (1) Courtney B 8:30 Barre (2) Cassie 8:30 BodyCombat(1) Ashley 8:30 Spin 45 (3) Monique 9:00 Aqua BC (P) Sara 9:30 Core Fusion 25 (2) Cassie 9:30 Core 25 (1) Eric 10:00 PureMuscle 45(1) Eric 10:00 Yoga (2) Jenna 10:15 Aqua (P) Karen K 10:45 GoLow (1) Stephanie 12:00 SPIN RPM (3) Meg 4:30 Zumba (1) Ally 5:00 Barre (2) Chelsea 5:30 BodyAttack (1) Shannon 6:00 Aqua (P) Jennifer 6:15 SPIN 45 (3) Chris O 6:00 Yoga (2) Sheila 6:30 BodyPump (1) Shannon</p>	<p>15</p> <p>6:00 SPRINT (3) Wade 6:00 Uppercut Boxing (1) Philip 8:00 Tone & Balance 45 (2) Nancy 8:30 BodyAttack (1) Eric 9:00 Aqua BC(P) Stephanie 9:00 BodyBalance(2) Cassie 9:00 SPIN 45(3) Monique 10:15 Barre (2) Chelsea 10:35 BodyPump(1) Sheila 4:30 BST/BP 75(1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen</p>	<p>16</p> <p>6:00 Bootcamp 45 (1) Sara 8:30 Pure Muscle 45 (1) Sheila 9:00 Aqua BC (P) Jennifer 9:00 Pilates 45 (2) Karen 9:20 Cardio Dance 45(1) Jenna 10:10 Core 30 (1) Donna 10:15 Aqua (P) Karen 10:15 Yoga (2) Mikaela 10:45 Go Low(1) Sara 12:00 BodyPump 45 (1) Meg 12:00 SPIN RPM (3) Ashley 5:30 BodyCombat(1) VIRTUAL 5:30 SPIN RPM (3) Kari 6:00 Aqua (P) Michael 6:00 Yoga (2) Mikaela 6:30 BodyPump (1) Mikaela</p>	<p>17</p> <p>6:00 SPRINT (3) Kim 8:00 Tone & Balance 45(2) Sheila 9:00 BodyBalance (2) Sheila 9:00 SPIN 45 (3) Stephanie 9:30 BOSU+Recover (1) Monique 10:00 SPRINT (3) Mikaela 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Sara 5:00 Barre (2) Erika 5:30 Bootcamp 45 (1) Philip 6:45 Cardio Dance (1) Jenna</p>	<p>18</p> <p>6:00 BodyPump (1) Jackie 8:30 Kickboxing(1) Shannon 8:30 SPIN 45(3) Monique 9:00 Aqua (P) Kristi 9:00 Barre (2) Sara 9:35 BodyPump (1) Courtney K 10:00 Power Yoga (2) Michael 10:00 Jointerize (P) Kristi 10:45 Go Low (1) Eric 12:00 SPIN RPM (3) Meg 1:15 Rest. Yoga (2) Jenna 5:30 BodyPump (1) Mikaela</p>	<p>19</p> <p>8:00 BodyStep (1) Jackie 8:00 Spin 45 (3) Ashley 9:00 Aqua BC (P) Kari 9:00 BodyBalance(2) Chelsea 9:05 SPRINT (3) Mikaela 9:05 BodyPump (1) Shannon 10:00 Barre (2) Erika 10:15 BodyAttack 45(1) Eric 11:00 Yoga (2) Jenna 11:05 Core 30 (1) Eric</p>
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<p>20</p> <p>11:30 BST/BP 90 (1) Jackie 1:00 Restore Yoga (2) Jenna 1:00 SPIN (3) Michael 2:00 BodyPump (1) Courtney B 2:00 BodyBalance (2) Jenna</p>	<p>21</p> <p>6:00 BodyPump (1) Jackie 8:30 Barre (2) Chelsea 8:30 Kickboxing(1) Stephanie 8:30 Spin 45 (3) Sara 9:00 Aqua BC (P) Jennifer 9:30 Core Fusion 25 (2) Chelsea 9:30 Core 25 (1) Eric 10:00 PureMuscle 45(1) Eric 10:00 Yoga (2) Sheila 10:15 Aqua (P) Jennifer 10:45 GoLow (1) Monique 12:00 SPIN RPM (3) Meg 4:30 Zumba (1) Ally 5:00 Barre (2) Kristi 5:30 BodyAttack (1) Shannon 6:00 Aqua (P) Pam 6:15 SPIN 45 (3) Chris O 6:00 Yoga (2) Karen 6:30 BodyPump (1) Courtney K</p>	<p>22</p> <p>6:00 SPRINT (3) Wade 6:00 Uppercut Boxing (1) Stephanie 8:00 Tone & Balance 45 (2) Monique 8:30 BodyAttack (1) Eric 9:00 Aqua BC (P) Stephanie 9:00 BodyBalance(2) Chelsea 9:00 SPRINT (3) Sara 10:15 Barre (2) Cassie 10:35 BodyPump(1) Sheila 4:30 BST/BP 75(1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen</p>	<p>23</p> <p>6:00 Bootcamp 45 (1) Stephanie 8:30 Pure Muscle 45 (1) Sheila 9:00 Aqua BC (P) Jennifer 9:00 Pilates 45 (2) Karen 9:20 Zumba 45(1) Ally 10:10 Core 30 (1) Tabitha 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Tabitha 12:00 BodyPump 45 (1) VIRTUAL 12:00 SPIN (3) Stephanie 5:30 BodyCombat(1) Mikaela 5:30 SPIN 45 (3) VIRTUAL 6:00 Aqua (P) Kari 6:00 Yoga (2) Michael 6:30 BodyPump (1) Mikaela</p>	<p>24</p> <p>6:00 SPRINT (3) Kim 8:00 Tone & Balance 45(2) Sheila 9:00 BodyBalance (2) Sheila 9:00 SPIN 45 (3) VIRTUAL 9:30 Bootcamp+Recover (1) Monique 10:00 SPRINT (3) Mikaela 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Sara 5:00 Barre (2) Erika 5:30 BodyPump 45 (1) VIRTUAL 6:45 Cardio Dance (1) Jenna</p>	<p>25</p> <p>6:00 BodyPump (1) Ashley 8:30 BodyCombat (1) Shannon 8:30 SPIN 45(3) Stephanie 9:00 Aqua (P) Kristi 9:00 Barre (2) Cassie 9:35 BodyPump (1) Courtney B 10:00 Power Yoga (2) Jenna 10:00 Jointerize (P) Kristi 10:45 Go Low (1) Ally 12:00 SPIN RPM (3) Sheila 1:15 Rest. Yoga (2) Sheila 5:30 BodyPump (1) Alesia</p>	<p>26</p> <p>8:00 BodyStep (1) No Class 8:00 Spin RPM (3) Meg 9:00 Aqua BC (P) Erika 9:00 BodyBalance(2) Cassie 9:05 SPRINT (3) Sarah 9:05 BodyPump (1) Sheila 10:00 Barre (2) Sara 10:15 BodyAttack 45(1) Eric 11:00 Yoga (2) Karen 11:05 Core 30 (1) Eric</p>
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<p>27</p> <p>11:30 BC/BP 90 (1) VIRTUAL 1:00 Yoga (2) Michael 1:00 SPIN RPM (3) VIRTUAL 2:00 BST/BP 90 (1) Alesia 2:00 BodyBalance (2) VIRTUAL</p>	<p>28</p> <p>6:00 BodyPump (1) Courtney B 8:30 Barre (2) Cassie 8:30 BodyCombat(1) Ashley 8:30 Spin 45 (3) Stephanie 9:00 Aqua BC (P) Sara 9:30 Core Fusion 25 (2) Cassie 9:30 Core 25 (1) Monique 10:00 PureMuscle 45(1) Monique 10:00 Yoga (2) Jenna 10:15 Aqua (P) Karen K 10:45 GoLow (1) Jennifer 12:00 SPIN RPM (3) Meg 4:30 Zumba (1) Ally 5:00 Barre (2) Chelsea 5:30 BodyAttack (1) Mikaela 6:00 Aqua (P) Erika 6:15 SPIN 45 (3) Chris O 6:00 Yoga (2) Karen 6:30 BodyPump (1) Shannon</p>	<p>29</p> <p>6:00 SPRINT (3) VIRTUAL 6:00 Uppercut Boxing (1) Philip 8:00 Tone & Balance 45 (2) Nancy 8:30 BodyAttack (1) Eric 9:00 Aqua BC (P) Erika 9:00 BodyBalance(2) Karen 9:00 SPRINT (3) Sara 10:15 Barre (2) Cassie 10:35 BodyPump(1) Ashley 4:30 BST/BP 75(1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen</p>	<p>30</p> <p>6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Pam 9:00 Pilates 45 (2) Karen 9:20 Cardio Dance 45(1) Jenna 10:10 Core 30 (1) Jenna 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Stephanie 12:00 BodyPump 45 (1) Courtney B 12:00 SPIN (3) Sara 5:30 Kickboxing(1) Alesia 5:30 SPIN 45 (3) VIRTUAL 6:00 Aqua (P) Jennifer 6:00 Yoga (2) Michael 6:30 BodyPump (1) Courtney K</p>	<p>31</p> <p>6:00 SPRINT (3) Kim 8:00 Tone & Balance 45(2) Stephanie 9:00 BodyBalance (2) Cassie 9:00 SPIN 45 (3) Monique 9:30 BOSU+Recover (1) Eric 10:00 SPRINT (3) VIRTUAL 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Ashley</p>	<p>*Knox County Fall Break is the week of October 6—13. Please keep a careful eye on the schedule for possible changes in classes.</p> <p style="text-align: center;">NO EVENING CLASSES</p>  <p style="text-align: center;">Mondays at 4:30 is now ZUMBA! Come shake your groove thing and get a great workout!</p>	
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