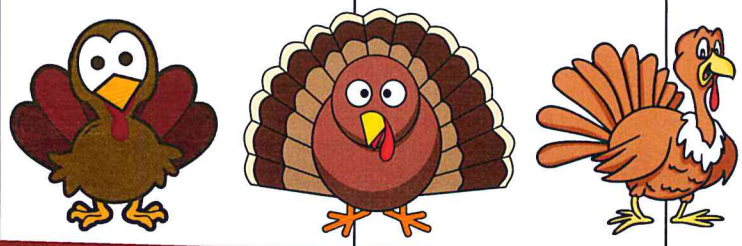
November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Pigeon Forge Community Center	**1** 9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	**2** 6:00am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	**3** 9:00 Body Pump (Carol) 10:00 Pilates (Danielle) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	**4** 6:45am Yoga (Brooke) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	**5**
6	**7** 9:00 Power Pump (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	**8** 9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	**9** 6:00am Yoga (Amy) 9:30 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	**10** 9:00 Body Pump (Carol) 10:00 Pilates (Danielle) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	**11** 6:45am Yoga (Brooke) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	**12**
13	**14** 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	**15** 9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	**16** 6:00am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	**17** 9:00 Body Pump (Carol) 10:00 Pilates (Danielle) 10:30 Fit for Life (Carol) 11:00 Cross Training (Taylor) 5:00 Pull (Jacob)	**18** 6:45am Yoga(Simon) 9:00 Zone Tone (Carol) 10:30 iTone (Rissa) 10:45 MSROM Silver-Sneakers (Carol) 12:15 Gentle Yoga (Amy) 5:15 iTone (Rissa) 6:30 Zumba (Brooke)	**19**
20	**21** 9:00 Power Pump (Jessica) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	**22** 9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	**23** 6:00am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)	**24** Closed	**25** Closed	**26**
27	**28** 9:00 Power Pump (Carol) 10:30 Chair Yoga (Amy) 10:30 iTone (Rissa) 4:00 iMove (Rissa) 4:50 Yoga (Amy) 6:30 Zumba (Brooke)	**29** 9:00 Bike/Sculpt (Carol) 10:30 Fit For Life (Carol) 11:00 C Training (Taylor) 4:30 Fun Run (Jacob)	**30** 6:00am Yoga (Amy) 9:00 Power Camp/ Kettle-bell (Carol) 10:30 iTone (Rissa) 10:45 C. SilverSneakers (Carol) 4:00 iTone (Rissa) 5:15 Power Yoga (Amy)			



Group Fitness Class Descriptions

Power Camp/Kettlebell- This class blends cardio and resistance training for maximum fat burning and body sculpting results. It's an intense yet basic workout for all fitness levels and uses a variety of equipment including hand weights, body bars, and resistance bands.

Yoga- For all levels. A series of poses with a strong emphasis on breathing. You'll increase your flexibility and restore a healthy, positive mind/body balance, while focusing and relaxing the entire body.

Power Yoga- A more advanced yoga class that offers a series of progressive poses that will strengthen your core and increase your flexibility.

Chair Yoga- This class is great for yoga beginners. Low impact and an emphasis on alignment makes this class great for all ages.

Yoga/Pilates- This class focuses on alignment, balance, and efficiency through breathing and stabilizing the spine. Enhances core strength.

Fit for Life- This is an all in one workout designed for people age 50+, involving cardio, strength training, and balance.

Cross Training- Not for the faint of heart. Sgt. Taylor pushes you through a mix of exercises, primary cardio and strength. She motivates you to go past your normal comfort zone. Meet at LeConte Wellness Center upstairs. Tissues for crying during class an extra fee.

ZONE TONE- 1 Hour workout focusing on working those areas that we usually forget about!

Zumba- A dance cardio fitness workout to Latin music.

Body Pump- A 50 minute full body workout choreographed to music. Fun for all skill levels.

PUSH/PULL- A high intensity, circuit training class that works the entire body. This class uses callisthenic exercises by utilizing your own body weight. Arms, shoulders, back, chest, core, and cardio exercises will PUSH you to your limits.

Fun Run- A "fun" class that will get your heart rate up! This class combines a cardio workout with callisthenic exercises. Make sure to wear your good running shoes and meet upstairs on the track.

HIT- High Intensity Training; The name says it all! This class is an intense circuit training class that will get you moving around the room, doing different exercises, while keeping your heart rate racing.

iTone- This class is a high-intensity interval training class combining cardio and strength training. There is no doubt that you WILL get sweaty in this fast pass workout.

iMove- If you're not a fan of the gym but still want to start a workout program, then this class is for you! Rissa will work on moderate intensity cardio and strength training that will start you on your weight loss journey.

SilverSneakers- These classes follow the Healthways SilverSneakers Fitness Program. The classes are catered to folks 65 and up. The mission is to make fitness more fun and accessible to boomers and beyond. Focusing on movements that help strengthen muscles that help with everyday activities while keeping it fun is what this class is all about.