

OCTOBER

Group Fitness Schedule 2018

Center Hours:
Mon-Fri 5am-9pm
Sat 7am-7pm
Sun 1pm-5pm
800 South Park Lane
641-828-0580
www.knoxvilleia.gov



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:20-6:00am	Stretch	Cycle Double Trouble	Intervelocity	Cycle Threshold Thursday	Ampd Power Flow®	7:15-8:15am Cycle Saturday	
7:50-8:35am	Silver Splash®	Aqua Rhythm	Blazing Bouys	Aqua Restore	Silver Splash®	8:30-9:15am Variety Saturday	
8:45-9:25am	Deep Fitness Flow	W-Wow Balance & Stability	Deep Travel	Waterfall	Deep Butts & Guts	9:30-10:15am Aqua Zumba®	4:00-4:45pm Variety Sunday
8:15-9:00am		Ampd Powerflow®		Intervelocity	Yoga		
10:00-10:45am	Silver Sneaker Circuit®	Boom Move®	Silver Sneaker Classic®	Boom Mind®	Variety Friday		
4:30-5:15pm	Zumba® Top 40			Battle Body			
5:30-6:15pm	PiYo Live®	Turbo Kick®	Rhythm Ride	Zumba®	Cycle Essence		
6:20-7:00pm	Aqua Zumba®	Step	Aqua Strong	Ampd Power Flow®			

See class descriptions for variety classes.

KID Friendly Classes! 1st grade & up welcome in ALL classes with adult present. (6th grade and up may participate in cycling classes) Instructors reserve the right to bench the non-participating.