

**FORT SANDERS
HEALTH & FITNESS CENTER**

★★★★★

531 - 5000



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fshfc.com

SUN	MON	TUE	WED	THU	FRI	SAT							
1	2	3	4	5	6	7							
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Carla Nancy Kate Sheila Rebecca Karen Stacie Karen Ildiko Ashleigh	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Lara Sunny Lara Stephanie Deb Carla Carla Stephanie Sunny Eric Pam Katie Chris Kate Shana Allyson Shana Shana Chloe Wendy Shannon Chris O Chloe	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Shana Lara Kate Cindy Shana Shannon Cassie Eric Susan Lara/Cassie Karen K Chloe Shannon Olga Debbie Nancy Alesia Sunny Katie Mary Alex Megan Ashley Mary Alex	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Allison Nancy Shana Julie Donna Karen Shana Donna Shana Karen Stephanie Lara Bill/Linda Katie Jane Bill/Linda Susan Sunny Ildiko Ashley Kristi Stacie Susan Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba/CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Nancy Stephanie Lara Kate Katie Danielle Sunny Debbie Megan/Allison Mary Alex Nancy Ashley Linda Alesia Linda Rebecca Julie	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Summer Stephanie Lara Wendy Kate Lara Kristi Wendy Shana Nancy Stephanie Cassie Shana Debbie Julie Debbie Sunny Stacie	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Carla Kristi Nancy Linda Kristi Carla/Cassie Debbie Stacie Shannon Ashley Susan Ildiko
8	9	10	11	12	13	14							
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Carla Katie Shana Carla Linda Shana Danielle/Stacie Ashleigh Ildiko Danielle	6:00 HIIT (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:00 Barre (3) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Sommer Nancy Chloe Carla Katie Deb Carla Kate Lara Carla Kate Shana Carla Kate Shana Cassie/Shannon Karen K Shana Shannon Cassie Chris Beth Alesia Kristi Shannon Shannon Kristi Wendy Stacie Chris O Julie	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Kate Lara Debbie Jane Stephanie Lara Linda Stacie Shana Cassie/Shannon Karen K Shana Shannon Cassie No Class Stephanie Karen Karen Sommer Megan Rebecca Karen	6:00 HIIT 45 (1) 6:00 Spin-Int (2) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Lara Lori Cassie Donna Karen Julie Donna Shannon Karen Shannon Chloe Bill/Linda Ashley Katie Bill/Linda Kate Linda Ildiko Ashley Kristi Megan Lori Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba/CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Stephanie Stephanie Lara Katie Kari Cassie Lara Debbie Lara/Megan Julie Kate Kari Ashley Chloe Alesia Kristi Danielle Shannon Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Allison Kari Shannon Lori Stephanie Kristi Alesia Lara Shana Alesia Katie Lara Shana Alesia Katie Lara Cassie Stephanie Debbie Julie Debbie Julie Ashley Carla Ashley Karen Julie	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Stephanie Megan Sheila Alesia Carla Sheila/Allison Debbie Ashley Carla Ashley Karen Julie

(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... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step	FF=Forever Fit	GL=Go Low
HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Meltdown		PYF = Pilates Yoga Fusion		PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training					Spin-RPM—Les Mills Indoor Cycling Program			

<p>15 11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p> <p>Lara Sheila Mary Alex Sheila Ashley Linda Ashley/Courtney Lori Ildiko Linda</p>	<p>16 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Ashley Kari Shana Lara Stephanie Deb Shana Cassie Stephanie Sunny Eric Pam Katie Chris Sunny Shana Allyson Shannon Shannon Chloe Lori Stacie Chris O Chloe</p>	<p>17 6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)</p> <p>Kate Lara Debbie Cindy Shana Shannon Danielle Eric Shana Ashley/Shannon Karen K Chloe Ashley Cassie Debbie Nancy Lara Sunny Karen Kristi Megan Linda Karen</p>	<p>18 6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Kate Nancy Shana Carla Donna Karen Sunny Donna Carla Karen Julie Lara Bill/Linda Allison Jane Bill/Linda Pam Mary Alex Sunny Ashley Kristi Megan Alesia Debbie</p>	<p>19 6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba/CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)</p> <p>Stephanie Stephanie Shana Kate Chloe Linda Sunny Debbie Cassie/Megan Sunny Shannon Nancy Stacie Linda Alesia Mary Alex Kristi Ashley Julie</p>	<p>20 6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)</p> <p>Nancy Stephanie Carla Wendy Kristi Carla Shana Kristi Sunny Lori Nancy Stephanie Alesia Katie Debbie Julie Debbie Sunny Shannon</p>	<p>21 8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)</p> <p>Sunny Kristi Megan Donna Kristi Megan/Stephanie Donna Kate Sommer Sommer Shana Julie</p>
<p>22 11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p> <p>Alesia Ashley Eric Alesia Shannon Linda Cassie/Ashley Ashleigh Cassie Ashleigh</p>	<p>23 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Ashley Nancy Chloe Stephanie Kate Deb Shannon Shannon Stephanie Sunny Kate Pam Katie Chris Pam Shana Ashleigh Shana Stacie Kristi Wendy Stacie Chris O Chloe</p>	<p>24 6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)</p> <p>Shana Lara Debbie Jane Stephanie Kari Danielle Eric Sunny Stephanie/Cassie Karen K Shannon Olga Debbie Kari Alesia Ashleigh Karen Katie Ashley Rebecca Karen</p>	<p>25 6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Kate Kari Lori Shana Donna Karen Donna Shana Karen Julie Lara Bill/Linda Stacie Katie Bill/Linda Pam Linda Olga Megan Shannon Alesia Sunny Debbie</p>	<p>26 6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 9:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba/CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)</p> <p>Nancy Kari Lori Eric Chloe Cassie Lara Debbie Lara/Allison Julie Mary Alex Nancy Shannon Mary Alex Sunny Kate Kristi Ashley Allyson</p>	<p>27 6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)</p> <p>Sommer Shana Cassie Sunny Kristi Linda Shana Kristi Lori Alesia Katie Lara Stephanie Mary Alex Sunny Debbie Julie Allison</p>	<p>28 8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)</p> <p>Stephanie Megan Sheila Linda Karen Stephanie/Shannon Debbie Ashley Sommer Kate Wendy Chloe</p>
<p>29 11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p> <p>Sarah Lori Sommer Shana Ashley Mary Alex Sheila/Lara Wendy Allyson Sheila</p>	<p>30 6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Ashley Kari Shana Carla Stephanie Lori Carla Eric Stephanie Carla Eric Sunny Danielle Katie Pam Alesia Allyson Shannon Shannon Kristi Wendy Ashley Chris O Julie</p>	<p>31 6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3)</p> <p>Kate Lara Kari Cindy Shana Shannon Cassie Eric Shana Allison/Cassie Karen K Shana Ashley Olga Debbie Kari Lara Karen</p>	<p>Please visit the Masquerade sale in the gym on Friday October 6th!!!</p> <p>We will not have any evening classes on October 31st!!!</p>  <p>No Evening Classes</p>			