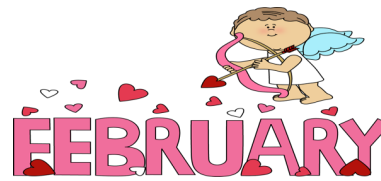



FORT SANDERS
HEALTH & FITNESS CENTER

★★★★★

531 - 5000



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version on our website at
fshfc.com

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><i>barre</i></p> <p>Sunday class time change!!!</p> <p>New time 2:15</p>				1	2	3
				6:00 BP (1) Allison 8:00 T&B (3) Kate 8:15 SPIN (2) Lori 8:30 BSS (1) Eric 9:00 Aqua-IT (P) Kari 9:30 BF (3) Danielle 9:30 BST (1) Stacie 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Cassie/Shannon 12:00 Cardio Dance (3) Sunny 12:00 M&M 45 (1) Shannon 1:30 Parkinsons P (2) Nancy 4:30 BA (1) Ashley 4:30 Barre (3) Chloe 5:30 BST (1) Lara 5:30 PM (3) Mary Alex 6:30 BF (3) Kristi 6:30 BC (1) Rebecca 7:30 Zumba/CD (1) Ildiko	6:00 HIIT 45 (1) Kate 6:00 SPIN (2) Ashley/Alesia 8:30 BP (1) Sunny 9:00 Aqua (P) Kristi 9:35 BF (3) Cassie 9:30 KB (1) Alesia 10:00 Joint (P) Kristi 10:30 GL (1) Katie 10:40 Yoga (3) Lori 11:00 Aqua (P) Nancy 11:30 BST/BP 75 (1) Stephanie 12:00 POUND (3) Cassie 12:00 SPIN-RPM (2) Ashley 1:00 Zumba Gold (1) Olga 1:30 Parkinsons P (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Cardio Step (1) Shana 5:30 BP (1) Megan	8:00 BST (1) Sunny 8:00 POUND (3) Cassie 8:00 SPIN (2) Nancy 9:00 Aqua (P) Ildiko 9:00 BF (3) Kristi 9:00 BP (1) Cassie/Sarah 10:00 BA (1) Kate 10:00 PM (3) Carla 11:00 M&M 45 (1) Eric 11:15 Yoga(3) Carla 12:00 SH'BAM (1) Allyson
4	5	6	7	8	9	10
11:30 BST/BP 90 (1) Lara 12:00 SPIN-RPM (2) Megan 1:00 M&M 45 (1) Kate 1:00 Yoga (3) Alesia 1:50 BC (1) Ashley 2:15 Barre (3) Linda 2:55 BP (1) Ashley/Stacie 4:00 Zumba/CD (1) Fumika 4:05 BF (3) Linda	6:00 BC/BP (1) Ashley 6:00 SPIN (2) Kari 8:00 Barre (3) Chloe 8:15 BST (1) Carla 9:00 Aqua (P) Stephanie 9:00 PL (3) Deb 9:15 CXworx (1) Carla 9:50 PM 45 (1) Kate 10:00 Joint (P) Stephanie 10:15 Yoga (3) Sunny 10:45 GL (1) Eric 11:00 Aqua (P) Lara 12:00 BF (3) Cassie 12:00 SPIN (2) Chris 1:00 FF (1) Pam 4:30 CS 45 (1) Shana 5:00 POUND (3) Allyson 5:15 CXworx (1) Shana 5:45 BA 45 (1) Shannon 6:00 Aqua (P) Sarah 6:00 Yoga (3) Wendy 6:30 BP (1) Shannon/Stacie 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	6:00 BA (1) Stacie 6:00 BF (3) Lara 8:00 T&B (3) Kate 8:15 SPIN (2) Cindy 8:15 SPIN (2) Stephanie 8:30 KB (1) Sunny 9:00 Aqua-IT (P) Cassie 9:00 BF (3) Ashley 9:30 BA (1) Susan 10:00 Yoga (3) Stephanie/Cassie 10:30 BP (1) Karen K 11:00 Joint (P) Mary Alex 11:00 Barre (3) Shannon 12:00 M&M 45 (3) Chloe 12:00 Zumba/CD (1) Debbie 1:00 Aqua Flow (P) Nancy 1:30 Parkinsons P (2) Alesia 4:30 BST/BP 70 (1) Wendy 4:30 PYF (3) Katie 5:30 BF (3) Kristi 5:45 PM 45 (1) Megan 6:00 Spin-RPM (2) Rebecca 6:30 BC (1) Chloe 6:35 Barre 30 (3)	6:00 HIIT 45 (1) Sommer 6:00 Spin-Int (2) Nancy 8:00 Gentle Flow Yoga Lori 8:30 PM (1) Shana 9:00 Aqua-DW (P) Donna 9:00 PL (3) Karen 9:30 CS 45 (1) Shana 10:00 Joint (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GL (1) Stephanie 11:00 Aqua (P) Chloe 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BP 45 (1) Katie 12:00 SPIN (2) Jane 12:30 Int Tai Chi (3) Bill/Linda 1:00 FF (1) Susan 4:30 Barre (3) Shana 5:00 Zumba /CD (1) Sunny 5:30 Spin-RPM (2) Ashley 6:00 Aqua (P) Kristi 6:00 BP (1) Lara 6:00 Yoga (3) Sunny 7:00 Feldenkrais (3) Debbie	6:00 BP (1) Nancy 8:00 T&B (3) Debbie 8:15 SPIN (2) Lara 8:30 BSS (1) Lori 9:00 Aqua-IT (P) Shannon 9:30 BF (3) Lara 9:30 BST (1) Sarah 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Sarah/Ashley 12:00 Cardio Dance (3) Julie 12:00 M&M 45 (1) Kate 1:30 Parkinsons P (2) Nancy 4:30 BA (1) Shana 4:30 Barre (3) Linda 5:30 BST (1) Stacie 5:30 PM (3) Mary Alex 6:30 BF (3) Linda 6:30 BC (1) Ashley 7:30 Zumba/CD (1) Ildiko	6:00 HIIT 45 (1) Allison 6:00 SPIN (2) Lara 8:30 BP (1) Allison/Ashley 8:30 Pilates (3) Lori 9:00 Aqua (P) Kate 9:35 BF (3) Carla 9:30 KB (1) Stephanie 10:00 Joint (P) Wendy 10:30 GL (1) Sunny 10:40 Yoga (3) Carla 11:00 Aqua (P) Wendy 11:30 BA (1) Stacie 12:00 POUND (3) Kristi 12:00 SPIN (2) Katie 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons P (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Cardio Step (1) Alesia 5:30 BP (1) Danielle	8:00 BST (1) Stephanie 8:00 POUND (3) Megan 8:00 SPIN (2) Kari 9:00 Aqua (P) Kristi 9:00 BF (3) Linda 9:00 BP (1) Stephanie/Megan 10:00 BA (1) Eric 10:00 PM (3) Sommer 11:00 M&M 45 (1) Sommer 11:15 Yoga(3) Shana 12:00 Zumba/CD (1) Chloe

(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>11:30 BST/ BP 90 (1) 12:00 SPIN-RPM (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 4:00 SH'BAM (1) 4:05 BF (3)</p>	<p>11 Alesia Ashley Sommer Karen Ashley Karen Shannon/Allison Allyson Danielle</p>	<p>12 Ashley Nancy Sunny Carla Katie Deb Carla Eric Stephanie Carla Eric Kate Danielle Lara Pam Alesia Kristi Shannon Shannon Kristi Wendy Shannon/Ashley Chris O Ildiko</p>	<p>13 Kate Lara Kari Jane Shana Kari Danielle Susan Sarah/Allison Karen K Chloe Mary Alex Fumika Debbie Kari Lara Sunny Katie Kate Lori Linda Karen</p>	<p>14 Nancy Kari Shana Stephanie Chloe Karen Sunny Donna Shannon Karen Shannon Donna Bill/Linda Katie Shana Bill/Linda Susan Mary Alex Julie Ashley Kristi Lara Lori Debbie</p>	<p>15 Nancy Debbie Lori Kate Shannon Lara Sunny Debbie Stephanie/Shannon Chloe Mary Alex Nancy Ashley Shana Alesia Kristi Linda Rebecca Ildiko</p>	<p>16 Kate Lara Carla/Danielle Wendy Chloe Carla Kristi Wendy Lori Sunny Alesia Sarah Alesia Stephanie Debbie Julie Debbie Shana Megan</p>	<p>17 Lara Kristi Sheila Linda Kristi Sheila/Lara Shana Sommer Shannon Shana Ildiko</p>
<p>11:30 BST/ BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)</p>	<p>18 Sarah Sheila Lara Shana Shannon Shana Shannon/Allison Ildiko Danielle</p>	<p>19 Ashley Lara Shana Lara Stephanie Deb Carla Carla Stephanie Lori Eric Pam Carla Chris Pam Shana Alesia Shana Kate Chloe Wendy Shannon/Ashley Chris O Ildiko</p>	<p>20 Shana Lara Kari Cindy Stephanie Kari Danielle Eric Susan Stacie/Ashley Karen K Sunny Kate Chloe Debbie Kari Stephanie Karen Karen Mary Alex Megan Rebecca Mary Alex</p>	<p>21 Sommer Nancy Sunny Kate Lara Karen Shana Lara Karen Stephanie Shannon Bill/Linda Stacie Lori Bill/Linda Susan Linda Julie Ashley Kristi Sarah Alesia Debbie</p>	<p>22 Allison Debbie Jane Shana Chloe Lara Sarah Debbie Stephanie/Sarah Julie Sunny Nancy Shannon Mary Alex Stacie Kristi Kristi Ashley Allyson</p>	<p>23 Allison Kari Allison/Lara Lori Wendy Kristi Shana Wendy Lori Alesia Nancy Stacie Alesia Katie Chloe Julie Debbie Danielle</p>	<p>24 Stephanie Megan Sheila Nancy Linda Sheila/Megan Shannon Carla Sommer Sheila Ildiko</p>
<p>11:30 BST/ BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)</p>	<p>25 Stacie Katie Kate Carla Lori Rebecca Linda Nancy/Sheila Fumika Sheila</p>	<p>26 Ashley Nancy Chloe Carla Stephanie Deb Carla Kate Stephanie Lori Kate Sunny Katie Chris Pam Shana Allyson Shana Shana Kristi Wendy Megan/Sarah Chris O Ildiko</p>	<p>27 Ashley Lara Stephanie Kari Shana Kate Danielle Susan Sarah/Shannon Karen K Sunny Mary Alex Chloe Debbie Kari Alesia Wendy Karen Katie Megan Ashley Karen</p>	<p>28 Nancy Lara Lori Cassie Donna Karen Sunny Donna Shannon Karen Sunny Shannon Bill/Linda Stephanie Jane Bill/Linda Susan Shana Julie Ashley Kristi Stacie Alesia Debbie</p>	<div data-bbox="1438 1088 1680 1201" data-label="Image"> </div> <p>We will collect all survey's by February 1st so if you have not filled one out yet please do so by then.</p> <p>We will form a panel of Instructors to review all Surveys and make a determination during that time as to any changes to the March schedule based on the surveys.</p> <p>Thank you for your input</p>		