

FORT SANDERS
HEALTH & FITNESS CENTER

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531 - 5000



2018

Find this schedule in a
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version on our website at
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 BodyFlow (3) 1:50 BC (1) 2:15 Barre (3) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BodyFlow (3)	Lara Nancy Mary Alex Danielle Linda Mary Alex Linda Danielle Dani Linda	6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN-RPM (2) 1:00 Cardio Str.(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)	Sunny Nancy Joe Chloe Sunny Chloe Deb Sommer Lara Sommer Wendy Dani Lara Lara Lara Meg Pam Alesia Megan Shannon Shannon Kari Wendy Megan/Shannon Chris O Chloe	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Boot Camp 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3)	Shana Lara Debbie Erika Shana Lara Stacie Chloe Karen Cassie/Stacie Karen K Shana Sommer Chloe Debbie Kari Alesia Chloe Linda Sommer Megan Rebecca Linda	Club hours 7:00am-4:00pm	9:00 Aqua Boot Camp 9:00 BodyAttack (1) 9:00 SPIN-RPM (2) 10:00 Aqua Flow (P) 10:15 BodyPump (1)	Sommer Stacie Megan Debbie Megan	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:30 BF (3) 9:30 BST (1) 10:00 Aqua Boot Camp 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Nancy Debbie Shana Katie Cassie Lara Dani Debbie Allison/Alesia Julie Mary Alex Nancy Shana Mary Alex Stacie Kristi Stacie Kristi Linda 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 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyCombat(1)	Allison Nancy Alesia Wendy Kristi Karen Alesia Kristi Dani Shana Wendy Sarah Katie Debbie Julie Debbie Dani Shannon Shannon	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND(3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stacie Sheila Kristi Megan/Stacie Sheila Wendy Shana Megan Shana Karen Julie Karen
8	9	10	11	12	13	14								
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) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Stacie Meg Sommer Shana Linda Shana Shana Eric Sheila/Danielle Dani Sheila	6:00 Aqua Boot Camp 6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 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 Cardio Str.(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 Stacie Kari Shana Carla Lara Deb Eric Lori Shana Eric Cassie/Alesia Wendy Shana Kate Dani Debbie Kari Stacie Linda Karen Carlissa Megan Ashley Karen	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 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 Cardio Str.(1) 2:15 GF Yoga 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Shana Lara Debbie Lara Stephanie Cassie Eric Lori Shana Cassie/Alesia Wendy Shana Kate Dani Debbie Kari Stacie Linda Karen Carlissa Megan Ashley Karen	Kate Stephanie Kate Dani Karen Shana Donna Shana Karen Shana Donna Bill/Linda Stacie Erika Bill/Linda Lori Lori Kristi Sunny Ashley Sunny Sarah Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:30 BF (3) 9:30 BST (1) 10:00 Aqua Boot Camp 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Stephanie Kate Lori Katie Lara Stacie Stephanie Debbie Lara/Allison Julie Mary Alex Meg Kate Karen Sunny Kristi Sunny Sommer Ashley 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 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1) 6:30 BodyAttack (1)	Sommer Joe Shannon Deb Stephanie Carla Kristi Stephanie Alesia Carla Katie Shana Debbie Julie Debbie Julie Megan Shannon	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 Aqua Boot Camp 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stephanie Meg Pam Stephanie/Alesia Kristi Sunny Ashley Kristi Mary Alex Shana Ildiko Mary Alex		



(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		PI=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>Club does not open until 12:00</p> <p>No classes until 1:00</p>	<p>15</p> <p>6:00 Aqua Boot Camp 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 PM 45 (1) 10:00 Joint (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str.(1) 4:30 CS 45 (1) 5:00 POIIND (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>16</p> <p>Kate Ashley Kari Shana Lara Stephanie Deb Sommer Stephanie Sommer Shana Dani Lara Lara Lori Pam Alesia Allyson Shannon Stacie Shannon Sunny Megan/Stacie Chris O Ildiko</p>	<p>17</p> <p>6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Boot Camp 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin (2) 6:30 BC (1) 6:35 Barre 30 (3)</p>	<p>18</p> <p>Kate Lara Debbie Cindy Stephanie Carla Ashley Carla Lara Karen Carla Lara Carla Karen Lori Dani Dani Mary/Linda Megan Carlissa Bill/Linda Sunny Lori Kristi Sunny Ashley Kristi Stacie Alesia Debbie</p>	<p>19</p> <p>6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:30 BF (3) 9:30 BST (1) 10:00 Aqua Boot Camp 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)</p>	<p>20</p> <p>Nancy Kate Shana Eric Lara Stacie Stephanie Debbie Stacie/Lara Julie Mary Alex Nancy Sarah Sarah Stephanie Debbie Julie Debbie Sunny Megan Ashley</p>	<p>21</p> <p>Sarah Joe Kristi Sarah/Sheila Danielle Kate Ashley Allyson Sunny Sheila Ildiko Linda</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) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)</p>	<p>22</p> <p>Carla Sheila Dani Carla Rebecca Susan Susan Danielle Fumika Danielle</p>	<p>23</p> <p>Kate Ashley Kari Sunny Carla Stephanie Deb Carla Stephanie Eric Carla Eric Lara Cassie Lara Pam Shana Alesia Shana Shannon Kristi Wendy Shannon/Ashley Chris O Ildiko</p>	<p>24</p> <p>Shana Lara Stephanie Lara Alesia Cassie Eric Lori Susan Allison/Cassie Karen K Shana Ashley Sunny Debbie Kari Stacie Linda Kate Megan Rebecca Linda</p>	<p>25</p> <p>Allison Joe Kate Chloe Wendy Shana Lara Shana Wendy Lori Lara Bill/Linda Megan Katie Bill/Linda Susan Susan Allyson Chloe Ashley Kristi Danielle Lori Debbie</p>	<p>26</p> <p>Stephanie Stephanie Lori Eric Lara Sarah Chloe Debbie Sarah/Lara Julie Sunny Julie Kate Mary Alex Stacie Linda Stacie Sommer Ashley Ildiko</p>	<p>27</p> <p>Kate Joe Carla Sunny Kristi Carla Shana Lori Katie Stephanie Wendy Debbie Julie Debbie Julie Debbie Carlissa Stacie Stacie</p>	<p>28</p> <p>Sarah Kari Pam Megan/Sarah Danielle Sommer Eric Megan Mary Alex Susan Allyson Chloe</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) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)</p>	<p>29</p> <p>Carla Katie Eric Carla Ashley Susan Susan Ashley Allyson Danielle</p>	<p>30</p> <p>Sommer Nancy Meg Chloe Lara Stephanie Deb Shana Stephanie Shana Wendy Sunny Kate Katie Lara Pam Shana Megan Shannon Shannon Kristi Wendy Megan/Ashley Chris O Ildiko</p>	<p>31</p> <p>Kate Lara Stephanie Cindy Shana Cassie Ashley Wendy Susan Sarah/Cassie Karen K Sunny Sarah Allyson Debbie Kari Stephanie Mary Alex Kristi Chloe Megan Rebecca Chloe</p>	<p style="text-align: center;"><u>July Changes.....</u></p> <p style="text-align: center;">Aqua Boot Camp classes: Tuesday, Thursdays and Saturday classes move to 10:00am</p> <p style="text-align: center;">Wednesday's 1:00 Tone & Balance changes To Cardio Strength (same as Mondays 1:00 class)</p> <p style="text-align: center;">Friday's 4:30 Step Sculpt changes to Cardio Step</p>			