

FORT SANDERS
HEALTH & FITNESS CENTER

★★★★★

531 - 5000



2018

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two-page printable
version on our website at

fshfc.com


SUN	MON	TUE	WED	THU	FRI	SAT	SUN						
2	3	4	5	6	7	8	9						
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) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Alesia Nancy Sommer Lori Shannon Linda Sheila/Courtney Lori Allyson Sheila	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 CXworx (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 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)	Shannon Kari Shana Jackie Stephanie Deb Jackie Stephanie Eric Jackie Lori Sarah/Stephanie Karen K Chloe Lyssa Chloe Susan Shana Alesia Shana Mikaela Dani Wendy Ashley/Mikaela Chris O Dani	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua Boot Camp 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 (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 Jackie Debbie Cindy Shana Lori Cassie Eric Susan Sarah/Stephanie Karen K Chloe Lyssa Chloe Debbie Kari Stacie Mary Alex Karen B Katie Ashley Rebecca Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 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 Cardio Str. (1) 2:15 GF Yoga (3) 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)	Sommer Nancy Nancy Lyssa Donna Karen Shana Donna Shana Karen Dani Chloe Katie L Carlissa No Class Today Pam Susan Kristi Fumika Wendy Kristi Sarah Lori Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 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) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Nancy Kari Lori Eric Stephanie Lara Jackie Debbie Ashley/Jackie Julie Mary Alex Nancy Stacie Linda Alesia Dani Alesia Kristi Ashley Fumika	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 SPIN (2) 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-RPM (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Shannon Jorge Lara Jackie Kristi Jackie Alesia Kristi Chloe Shana Katie Sarah Meg Debbie Julie Debbie Carlissa Courtney	In celebration of 30 years!!! December 8th SUPER SATURDAY See Schedule on back page	
10	11	12	13	14	15	16	17						
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) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Stacie Nancy Eric Shana Sarah Shana Courtney/Sarah Linda Dani Linda	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 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 POUND (3) 5:15 Core(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)	Nancy Lara Jackie Alesia Stephanie Deb Eric Stephanie Eric Lori Eric Donna Cassie Chris C Susan Dani Kristi Dani Stacie Kristi Wendy Courtney/Stacie Chris O Allyson	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 Spin-RPM (2) 8:30 KB (1) 9:00 Aqua Boot Camp 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 (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 Kari Chloe Donna Karen Dani Donna Jackie Ashley Susan Cassie/Ashley Karen K Shana Sommer Cassie Debbie Kari Jackie Chloe Linda Katie Carlissa Rebecca Linda	6:00 HIIT 45 (1) 6:00 SPIN (2) 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 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin-SPRINT (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Kari Chloe Donna Karen Dani Donna Jackie Karen Jackie Karen Jackie Lara Cassie/Jackie Lara Cassie Stephanie Pam Wendy Allyson Carlissa Mikaela Chloe Ashley Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 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 (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 45 (1) 5:30 BF (3) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Nancy Debbie Wendy Katie L Chloe Lara Jackie Debbie Stacie/Jackie Julie Lyssa Nancy Shana Mary Alex Sarah Kristi Debbie Sommer Sarah Dani Ashley Fumika	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 SPIN (2) 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)	Shannon Jorge Stephanie Lori Chloe Kristi Dani Lara Chloe Shana Susan Lara Debbie Julie Debbie Alesia Mikaela	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) 10:00 Spin-SPRINT (2) 11:00 PM(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Stephanie Kari Linda Stephanie/Allison Danielle Kari Sarah Kristi Mikaela Lyssa Shana Chloe Shana

(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			

16	17	18	19	20	21	22					
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) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Lara Meg Eric Wendy Shannon Linda Danielle/Shannon Linda Dani Linda	6:00 B C/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 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 Spin-SPRINT (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)	Shannon Nancy Chloe Jackie Stephanie Deb Sommer Stephanie Sommer Jackie Dani Chloe Lara Mikaela Susan Chloe Katie Alesia Shana Stacie Mary Alex Karen B Carlissa Ashley Linda Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) Eric Susan 10:15 Yoga (3) 10:45 GL (1) Susan 11:00 Aqua (P) 11:30 Beg Tai Chi (3) Sarah Chloe Katie Kari Stacie 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3) No Class Today	Shannon Kari Stephanie Chloe Karen Shana Donna Shana Karen Lori Donna Bill/Linda Katie Nancy Bill/Linda Pam Lori Allyson Dani Meg Wendy Mikaela Alesia	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 9:45 Spin-SPRINT (2) 10:30 Feldenkrais (3) No Class Today 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) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Stephanie Katie Eric Lori Cassie Sarah Mikaela Sarah/Ashley Julie Lyssa Nancy Shana Jackie Alesia Jackie Sommer Stacie Wendy Ashley Dani	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) No Class Today 1:30 Parkinsons (2) 2:15 Feldenkrais (3) No Class Today 4:30 Cardio Step (1) 5:30 BP (1)	Sommer Jorge Alesia Wendy Donna Lara Kristi Wendy Jackie Lori Nancy Sarah Lara Nancy Nancy Nancy Ashely	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)	Jackie Chris C Pam Jackie/Allison Kristi Wendy Ashley Kristi Courtney Sheila Allyson Shana

23	24	25	26	27	28	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) 2:15 Barre (3) 2:55 BP (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Sarah Wendy Shannon Karen Ashley Karen Ashley/Sheila Susan Fumika Sheila	Club Hours 7:00am-12:00pm	 <i>Fort Sanders Health & Fitness Center would like to wish you and your family a safe and Happy Holiday!</i>	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 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Lyssa Donna Wendy Shana Donna Shana Wendy Shana Susan Bill/Linda Lara Lori Bill/Linda Susan Susan Kristi Fumika Ashley Linda Lori No class	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) No Class Today 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) 6:00 Aqua Boot Camp 6:20 Total Core 20 (1) 6:30 PM (3) 6:45 BC 45 (1) 7:30 Zumba/CD (1)	Shannon Lyssa Lori Shana Wendy Lara Stephanie Stephanie/Lara Julie Lara Nancy Ashley Linda Stacie Kristi Sommer Stacie Kristi Rebecca Cassie	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) No Class Today 4:30 Cardio Step (1) 5:30 BP (1)	Lara Nancy Stephanie Deb Kristi Danielle Shana Kristi Lori Shana Stephanie Lara Chris C Cassie Julie Shana Courtney	8:00 BST (1) 8:00 SPRINT (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 Mikaela Pam Stacie/Mikaela Kristi Sommer Eric Kristi Sommer Susan Julie Susan

30	31	<p>SUPER SATURDAY, DEC. 8th</p> <div style="display: flex; justify-content: space-around;"> <div style="border: 2px solid red; padding: 5px; width: 45%;"> <p>Studio #1</p> <p>8:00-8:30 BodyStep 8:35-9:05 BodyPump 9:10-9:40 SH'BAM 9:45-10:15 Kickboxing 10:20-10:50 80's Cardio Circuit 10:55-11:25 BodyAttack 11:30-12:00 BodyCombat</p> </div> <div style="border: 2px solid green; padding: 5px; width: 45%;"> <p>Studio #3</p> <p>8:00-8:30 Pound 8:35-9:05 Bodyflow Strength 9:15-9:45 Barre 10:00-10:30 Bodyflow Flexibility 10:45-11:15 Feldenkrais</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 2px solid green; padding: 5px; width: 45%;"> <p>Studio #2</p> <p>8:15-8:45 SPRINT</p> <p>9:00-9:30 Spin Orientation/ FTW Ramp Test</p> <p>9:45-10:15 80's SPIN</p> </div> <div style="border: 2px solid red; padding: 5px; width: 45%;"> <p>Pool</p> <p>Classes are 45 min.</p> <p>9:00-9:45 Aqua Boot Camp 9:50-10:35 Aqua Flow</p> </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="border: 2px solid green; padding: 5px; width: 45%;"> <p>GYM</p> <p>9:00 GRIT</p> <p>Class is free for everyone today!!!</p> </div> </div>		<p>COMING SOON</p>  <p>LES MILLS SPRINT is a 30 minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact. The short duration of a LES MILLS SPRINT workout will motivate you to push your physical and mental limits.</p> <p>Experience SPRINT ON.....</p> <p>Sat. Dec. 8th at 8:15am Wed. Dec. 12th at 5:45pm Sat. Dec. 15th at 10:00am Mon. Dec. 17th at 12:00pm Thur. Dec. 20th at 9:45am Sat. Dec. 29th at 8:00am</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) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Stacie Jorge Sommer Shana Shannon Shana Danielle/Lara Shana Fumika Lara	Club Hours 7:00am-4:00pm	9:00 Aqua Boot Camp 9:00 Pure Muscle (1) 9:00 Spin-RPM (2) 9:00 Barre (3) 10:00 Jointercize (P) 10:00 Go Low (1) 10:15 Yoga (3) 11:00 Aqua (P)	Sommer Lyssa Ashley Susan Kristi Lori Susan Kristi
<p>Happy New Year's Eve</p> 				