

FORT SANDERS
HEALTH & FITNESS CENTER

★★★★★

531 - 5000



2021

Find this schedule in a
two-page printable
version on our website at
fshfc.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><u>January Changes</u></p> <p>Mondays..... 6:15 Sprint is replaced with SPIN 45 (45 min. class)</p> <p>Wednesdays.... 6:15pm Yoga moves to 6:00pm</p> <p>Fridays.... 1:15 Line Dance is replaced with Go Low</p> <p>We have substituted SPIN for SPRINT on the following dates... 12/5, 12/12 and 12/19</p> <p>We have substituted BodyStep for Cardio Step on the following dates... 12/11 and 12/27</p> <p>We no longer offer Country Fusion Line Dance but do offer a Line Dance class on Tuesdays at 12:15</p>				<p>HAPPY NEW YEARS!</p> <p>12:00 BodyAttack (1) Ashley 12:00 SPRINT (3) Kim 1:00 Aqua Boot Camp Kristi 1:00 BodyPump (1) Ashley 1:00 Feldenkrais (2) Debbie</p> <p>Club Hours... 10:00am-5:00pm</p>		<p>1</p> <p>8:00 BodyStep (1) Stacie 9:00 Aqua (P) Erika 9:15 BodyPump (1) Suzanna 9:00 BodyFlow (2) Hannah 10:00 SPRINT (3) Kim 10:15 Barre (2) Lyssa 10:30 BodyAttack (1) Eric 11:30 Yoga(2) Sheila 11:30 PureMuscle (1) Eric</p>	<p>2</p> <p>11:30 BST/BP 90 (1) Stacie 12:30 Yoga (2) Karen 1:00 SPIN (3) Katie 1:45 BodyFlow (2) Karen</p>
<p>4</p> <p>6:00 BodyPump (1) Stephanie 8:15 BodyStep (1) Alesia 9:00 Aqua BC (P) Chloe 9:30 PureMuscle (1) Lyssa 10:15 Aqua (P) Stephanie 10:15 Yoga (2) Lori 10:45 GoLow (1) Karen 12:00 SPIN (3) Chris 4:00 Cardio Step (1) Brigitte 5:00 Barre (2) Suzanna 5:30 BodyAttack 45 (1) Stacie 6:00 Aqua (P) Katie 6:15 Yoga (2) Karen 6:15 SPIN 45 (3) Chris O 6:30 BodyPump (1) Courtney</p>	<p>5</p> <p>6:00 BodyAttack (1) Eric 6:00 SPRINT (3) Kim 8:00 Tone & Balance (2) Stephanie 8:30 KickBoxing (1) Brigitte 9:00 BodyFlow (2) Jackie 9:00 SPIN (3) Stephanie 9:45 BodyPump (1) Sheila 10:15 Yoga (2) Jackie 10:45 GoLow (1) Jackie 11:00 BodyAttack (1) Ashley 12:15 Line Dance (1) Lori 1:30 Parkinsons (3) Stephanie 4:30 BST/BP 90 (1) Stacie 4:30 Barre (2) Linda 5:45 BodyFlow (2) Linda 6:30 Cardio Dance (1) Ildiko</p>	<p>6</p> <p>6:00 Boot Camp (1) Suzanna 8:15 PureMuscle (1) Suzanna 9:00 Aqua BC (P) Kari 9:00 Pilates (2) Deb 9:30 BodyFlow (2) Brigitte 9:30 CardioStep (1) Lyssa 10:15 Aqua (P) Sheila 10:15 Yoga (2) Chloe 10:45 GoLow (1) Chloe 12:00 BodyPump (1) Ashley 6:00 Aqua (P) Kristi 6:00 BodyPump (1) Ashley 6:00 Yoga (2) Wendy</p>	<p>7</p> <p>6:00 SPRINT (3) Shannon 8:00 Tone & Balance (2) Kari 9:00 SPIN (3) Wendy 9:30 BodyFlow (2) Karen 9:30 BodyStep (1) Chloe 10:45 Feldenkrais (2) Debbie 10:45 BodyPump (1) Suzanna 12:00 BodyFlow (2) Karen 1:30 Parkinsons (3) Kari 4:30 Barre (2) Lyssa 5:45 BodyCombat (1) Ashley</p>	<p>8</p> <p>6:00 BodyPump (1) Shannon 8:30 Barre (2) Chloe 9:00 Aqua (P) Wendy 9:30 KickBoxing (1) Alesia 9:45 BodyFlow (2) Kristi 11:00 BodyAttack (1) Ashley 11:00 Yoga (2) Lori 12:00 SPIN (3) Katie 1:15 GoLow (1) Jackie 2:15 Feldenkrais (2) Debbie 5:30 BodyPump (1) Kim</p>	<p>9</p> <p>8:00 BodyStep (1) Chloe 9:00 Aqua (P) Kari 9:15 BodyPump (1) Stacie 9:00 BodyFlow (2) Danielle 10:00 SPRINT (3) Kim 10:15 Barre (2) Erika 10:30 BodyAttack (1) Stacie 11:30 Yoga(2) Wendy 11:30 PureMuscle (1) Kristi</p>	<p>10</p> <p>11:30 BST/BP 90 (1) Alesia 12:30 Yoga (2) Hannah 1:00 SPIN-RPM (3) Ashley 1:45 BodyFlow (2) Hannah</p>	

(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... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump

Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
11	12	13	14	15	16	17							
6:00 BodyPump (1) 8:15 BodyStep (1) 9:00 Aqua BC (P) 9:30 PureMuscle (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN (3) 4:00 BodyStep (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:15 Yoga (2) 6:15 SPIN 45 (3) 6:30 BodyPump (1)	Stephanie Chloe Lyssa Suzanna Stephanie Lori Karen K Katie Stacie Linda Stacie Kristi Hannah Chris O Suzanna	6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone & Balance (2) 8:30 KickBoxing (1) 9:00 BodyFlow (2) 9:00 SPIN (3) 9:45 BodyPump (1) 10:15 Yoga (2) 11:00 BodyAttack (1) 12:15 Line Dance (1) 1:30 Parkinsons (3) 4:30 BST/BP 90 (1) 4:30 Barre (2) 5:45 BodyFlow (2) 6:30 Cardio Dance (1)	Shannon Kim Kari Courtney Jackie Wendy Ashley Jackie Ashley Lori Kari Alesia Lyssa Karen Ildiko	6:00 Boot Camp (1) 8:15 PureMuscle (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:30 CardioStep (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 BodyPump (1) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (2)	Suzanna Stephanie Katie Deb Brigitte Chloe Lori Stephanie Jackie Linda Stacie Wendy	6:00 SPRINT (3) 8:00 Tone & Balance (2) 9:00 SPIN (3) 9:30 BodyFlow (2) 9:30 BodyStep (1) 10:45 Feldenkrais (2) 10:45 BodyPump (1) 12:00 BodyFlow (2) 1:30 Parkinsons (3) 4:30 Barre (2) 5:45 BodyCombat (1)	Shannon Debbie Lori Karen Stacie Debbie Stacie Karen Wendy Suzanna Ashley	6:00 BodyPump (1) 8:30 Barre (2) 9:00 Aqua (P) 9:30 KickBoxing (1) 9:45 BodyFlow (2) 11:00 BodyAttack (1) 12:00 BodyPump (1) 1:15 GoLow (1) 2:15 Feldenkrais (2) 5:30 BodyPump (1)	Shannon Chloe Kristi Alesia Linda Stacie Wendy Chris Debbie Debbie Courtney	8:00 BodyStep (1) 9:00 Aqua (P) 9:15 BodyPump (1) 9:00 BodyFlow (2) 10:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyAttack (1) 11:30 Yoga(2) 11:30 PureMuscle (1)	Jackie Lyssa Jackie Kristi Kim Linda Ashley Lori Erika	11:30 BST/BP 90 (1) 12:30 Yoga (2) 1:00 SPIN-RPM (3) 1:45 BodyFlow (2)	Jackie Karen Ashley Karen
18	19	20	21	22	23	24							
6:00 BodyPump (1) 8:15 BodyStep (1) 9:00 Aqua BC (P) 9:30 PureMuscle (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN (3) 4:00 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:15 Yoga (2) 6:15 SPIN 45 (3) 6:30 BodyPump (1)	Stephanie Stacie Stephanie Suzanna Lyssa Lori Karen K Chris Hannah Linda Stacie Kristi Karen Chris O Katie	6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone & Balance (2) 8:30 KickBoxing (1) 9:00 BodyFlow (2) 9:00 SPIN (3) 9:45 BodyPump (1) 10:15 Yoga (2) 11:00 BodyAttack (1) 12:15 Line Dance (1) 1:30 Parkinsons (3) 4:30 BST/BP 90 (1) 4:30 Barre (2) 5:45 BodyFlow (2) 6:30 Cardio Dance (1)	Shannon Kim Wendy Brigitte Jackie Sheila Ashley Jackie Ashley Lori Stephanie Stacie Suzanna Hannah Ildiko	6:00 Boot Camp (1) 8:15 PureMuscle (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:30 CardioStep (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 BodyPump (1) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (2)	Suzanna Lyssa Chloe Deb Brigitte Karen K Sheila Lori Jackie Linda Ashley Wendy	6:00 SPRINT (3) 8:00 Tone & Balance (2) 9:00 SPIN (3) 9:30 BodyFlow (2) 9:30 BodyStep (1) 10:45 Feldenkrais (2) 10:45 BodyPump (1) 12:00 BodyFlow (2) 1:30 Parkinsons (3) 4:30 Barre (2) 5:45 BodyCombat (1)	Shannon Debbie Stephanie Sheila Stacie Debbie Suzanna Karen Wendy Lyssa Ashley	6:00 BodyPump (1) 8:30 Barre (2) 9:00 Aqua (P) 9:30 KickBoxing (1) 9:45 BodyFlow (2) 11:00 BodyAttack (1) 12:00 BodyPump (1) 1:15 GoLow (1) 2:15 Feldenkrais (2) 5:30 BodyPump (1)	Shannon Lyssa Wendy Alesia Kristi Eric Sheila Courtney Debbie Kim	8:00 BodyStep (1) 9:00 Aqua (P) 9:15 BodyPump (1) 9:00 BodyFlow (2) 10:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyAttack (1) 11:30 Yoga(2) 11:30 PureMuscle (1)	Stacie Kristi Sheila Danielle Sara Erika Ashley Alesia Brigitte	11:30 BST/BP 90 (1) 12:30 Yoga (2) 1:00 SPIN (3) 1:45 BodyFlow (2)	Stacie Sheila Katie Sheila
25	26	27	28	29	30	31							
6:00 BodyPump (1) 8:15 BodyStep (1) 9:00 Aqua BC (P) 9:30 PureMuscle (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN (3) 4:00 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:15 Yoga (2) 6:15 SPIN 45 (3) 6:30 BodyPump (1)	Stephanie Chloe Sara Eric Stephanie Lori Eric Chris Brigitte Suzanna Stacie Katie Hannah Chris O Courtney	6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone & Balance (2) 8:30 KickBoxing (1) 9:00 BodyFlow (2) 9:00 SPRINT (3) 9:45 BodyPump (1) 10:15 Yoga (2) 11:00 BodyAttack (1) 12:15 Line Dance (1) 1:30 Parkinsons (3) 4:30 BST/BP 90 (1) 4:30 Barre (2) 5:45 BodyFlow (2) 6:30 Cardio Dance (1)	Eric Kim Kari Brigitte Jackie Sara Suzanna Jackie Ashley Lori Kari Stacie Linda Linda Ildiko	6:00 Boot Camp (1) 8:15 PureMuscle (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:30 BodyStep (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 BodyPump (1) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (2)	Suzanna Sara Stephanie Deb Stacie Chloe Sheila Lori Katie Kristi Alesia Wendy	6:00 SPRINT (3) 8:00 Tone & Balance (2) 9:00 SPIN (3) 9:30 BodyFlow (2) 9:30 BodyStep (1) 10:45 Feldenkrais (2) 10:45 BodyPump (1) 12:00 BodyFlow (2) 1:30 Parkinsons (3) 4:30 Barre (2) 5:45 BodyCombat (1)	Shannon Stephanie Lori Sheila Stacie Debbie Ashley Karen Wendy Lyssa Ashley	6:00 BodyPump (1) 8:30 Barre (2) 9:00 Aqua (P) 9:30 KickBoxing (1) 9:45 BodyFlow (2) 11:00 BodyAttack (1) 12:00 BodyPump (1) 1:15 GoLow (1) 2:15 Feldenkrais (2) 5:30 BodyPump (1)	Shannon Suzanna Lyssa Courtney Kristi Stacie Wendy Ashley Sheila Debbie Sara	8:00 BodyStep (1) 9:00 Aqua (P) 9:15 BodyPump (1) 9:00 BodyFlow (2) 10:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyAttack (1) 11:30 Yoga(2) 11:30 PureMuscle (1)	Chloe Erika Courtney Jackie Kim Jackie Ashley Sheila Lyssa	11:30 BST/BP 90 (1) 12:30 Yoga (2) 1:00 SPIN (3) 1:45 BodyFlow (2)	Stacie Hannah Sheila Hannah