FORT SANDERS
HEALTH & FITNESS CENTER
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531 - 5000

GROUP FITNESS
JANUARY 2022

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

HAPPY NEW YEAR!

WE ARE EXCITED TO BRING YOU AN UPDATED SCHEDULE TO START OFF THE NEW YEAR!

12 ADDITIONAL CLASSES HAVE BEEN ADDED TO ENHANCE YOUR FITNESS!

Please take a moment to notice not only the additions but also the many time changes.

WE HOPE YOU WILL LOVE THE CHANGES AS MUCH AS WE DO!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 *Club hours* *10:00-5:00* 1:00 BodyAttack (1) Eric 1:00 Barre (2) Kristi 1:00 Aqua BC (P) Lyssa 1:00 SPIN RPM (3) Sheila 2:15 BodyPump (1) Suzanna 2:15 BodyFlow (2) Kristi	**2** 11:30 BST/BP 90 (1) Alesia 1:00 Yoga (2) Karen 1:00 SPIN (3) Shana 1:00 M&M 45 (1) Eric 2:15 BodyFlow (2) Danielle 2:00 BodyPump (1) Ashley
3 6:00 BodyPump (1) Katie 8:30 BodyStep 45 (1) Courtney 9:00 Aqua (P) Suzanna 9:20 Core 30 (1) Eric 9:55 PureMuscle 45(1) Eric 10:15 Aqua (P) Lyssa 10:15 Yoga (2) Shana 10:45 GoLow (1) Hannah 12:00 Cardio Dance(1) Ildiko 12:00 SPIN RPM 45 (3) Meg 4:30 Cardio Step (1) Shana 5:00 Barre (2) Mary Alex 5:30 BodyAttack 45 (1) Shannon 6:00 Aqua (P) Kristi 6:15 Yoga (2) Karen 6:00 SPIN 45 (3) Chris O 6:30 BodyPump (1) Shannon	**4** 6:00 BodyAttack (1) Eric 6:00 SPRINT (3) Kim 8:00 Tone & Balance 45 (2) Sara 8:30 KickBoxing (1) Shana 9:00 BodyFlow (2) Cassie 9:00 SPRINT (3) Courtney S 9:00 Aqua BC (P) Sara 9:35 BodyPump 45 (1) Courtney 10:15 Barre (2) Shana 10:30 BodyAttack 45(1) Ashley 11:30 M&M 45 (1) Suzanna 1:30 Parkinsons (3) Sloan 4:30 BST/BP 90 (1) Alesia 4:30 Barre (2) Lyssa 6:00 Pure Muscle 40 (1) Lyssa 5:45 BodyFlow (2) Kristi 6:45 Cardio Dance (1) Ildiko	**5** 6:00 Boot Camp 45 (1) Suzanna 8:30 PureMuscle 45 (1) Sara 9:00 Aqua BC (P) Katie 9:00 Pilates (2) Deb 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Shana 10:15 Aqua (P) Sara 10:15 Yoga (2) Karen 10:45 Go Low(1) Ashley 12:00 BodyPump 45 (1) Jackie 12:00 SPRINT (3) Shana 5:15 POUND 45 (2) Alesia 5:30 BodyCombat(1) Ashley 6:00 SPIN 45 (3) Mary Alex 6:00 Aqua (P) Kristi 6:30 BodyPump (1) Mikaela 6:15 Yoga (2) Wendy	**6** 6:00 SPRINT (3) Sara 8:00 Tone & Balance 45(2) Karen K 9:00 SPIN 45 (3) Wendy 9:00 BodyFlow (2) Karen 9:30 BodyStep (1) Courtney 10:00 QiGong (2) Bill/Linda 10:45 BodyPump (1) Ashley 12:00 BodyAttack (1) Shana 1:30 Parkinsons (3) Wendy 5:30 Barre 30 (2) Shana 5:30 M&M/Bootcamp 45 (1) Sara 6:00 SPRINT (3) Mikaela 6:15 BodyFlow 45 (2) Danielle 6:45 Werq (1) Ella	**7** 6:00 BodyPump (1) Suzanna 8:30 KickBoxing (1) Alesia 9:00 Barre (2) Cassie 9:00 Aqua (P) Wendy 9:30 Spin 45 (3) Sara 9:35 BodyPump (1) Jackie 10:15 Power Yoga (2) Shana 10:45 Go Low (1) Eric 12:00 SPIN 45 (3) Katie 12:00 M&M 45 (1) Landry 5:30 BodyPump (1) Shannon	**8** 8:00 BodyStep 45(1) Whitney 9:00 BodyFlow (2) Cassie 9:00 BodyPump (1) Sara 9:00 Aqua BC (P) Kari 9:30 SPRINT (3) Shannon 10:15 Barre (2) Kristi 10:15 BodyAttack 45(1) Ashley 10:15 Spin 45 (3) Shana 11:05 Core 30 (1) Ashley 11:20 Yoga (2) Kristi	**9** 11:30 BST/BP 90 (1) Hannah 1:00 Yoga (2) Allison 1:00 SPIN RPM (3) Ashley 1:00 M&M 45 (1) Landry 2:15 BodyFlow (2) Karen 2:00 BodyPump (1) Danielle
10 6:00 BodyPump (1) Sara 8:30 BodyStep 45 (1) Whitney 9:00 Aqua (P) Wendy 9:20 Core 30 (1) Eric 9:55 PureMuscle 45(1) Eric 10:15 Aqua (P) Karen K 10:15 Yoga (2) Sheila 10:45 GoLow (1) Mikaela 12:00 Cardio Dance(1) Ildiko 12:00 SPIN 45 (3) Chris C 4:30 Cardio Step (1) Alesia 5:00 Barre (2) Suzanna 5:30 BodyAttack 45 (1) Shannon 6:00 Aqua (P) Kari 6:15 Yoga (2) Kristi 6:00 SPIN 45 (3) Shana 6:30 BodyPump (1) Courtney	**11** 6:00 BodyAttack (1) Eric 6:00 SPRINT (3) Shana 8:00 Tone & Balance 45 (2) Wendy 8:30 KickBoxing (1) Courtney 9:00 BodyFlow (2) Karen 9:00 SPRINT (3) Courtney S 9:00 Aqua BC (P) Lyssa 9:35 BodyPump 45 (1) Cassie 10:15 Barre (2) Suzanna 10:30 BodyAttack 45 (1) Ashley 11:30 M&M 45 (1) Mary Alex 1:30 Parkinsons (3) Sloan 4:30 BST/BP 90 (1) Alesia 4:30 Barre (2) Shana 6:00 Pure Muscle 40 (1) Sara 5:45 BodyFlow (2) Sheila 6:45 Werq (1) Ella	**12** 6:00 Boot Camp 45 (1) Eric 8:30 PureMuscle 45 (1) Shana 9:00 Aqua BC (P) Suzanna 9:00 Pilates (2) Deb 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Shana 10:15 Aqua (P) Lyssa 10:15 Yoga (2) Karen 10:45 Go Low(1) Shana 12:00 BodyPump 45 (1) Katie 12:00 SPRINT (3) Sara 5:15 POUND 45 (2) Sheila 5:30 BodyCombat(1) Mikaela 6:00 SPRINT(3) Shannon 6:00 Aqua (P) Kristi 6:30 BodyPump (1) Danielle 6:15 Yoga (2) Wendy	**13** 6:00 SPRINT (3) Kim 8:00 Tone & Balance 45(2) Karen K 9:00 SPIN RPM 45 (3) Meg 9:00 BodyFlow (2) Cassie 9:30 BodyStep (1) Whitney 10:00 QiGong (2) Bill/Linda 10:45 BodyPump (1) Sheila 12:00 BodyAttack (1) Shana 1:30 Parkinsons (3) Wendy 5:30 Barre 30 (2) Jackie 5:30 M&M/Bootcamp 45 (1) Shannon 6:00 SPRINT (3) Sara 6:15 BodyFlow 45 (2) Jackie 6:45 Cardio Dance (1) Ildiko	**14** 6:00 BodyPump (1) Suzanna 8:30 BodyCombat (1) Victoria 9:00 Barre (2) Mary Alex 9:00 Aqua (P) Kristi 9:30 Spin RPM 45 (3) Meg 9:35 BodyPump (1) Alesia 10:15 Power Yoga (2) Shana 10:45 Go Low (1) Katie 12:00 SPRINT (3) Shana 12:00 M&M 45 (1) Courtney 5:30 BodyPump (1 Ashley	**15** 8:00 BodyStep 45 (1) Courtney 9:00 BodyFlow (2) Kristi 9:00 BodyPump (1) Suzanna 9:00 Aqua BC (P) Stephanie 9:30 SPRINT (3) Kim 10:15 Barre (2) Erika 10:15 BodyAttack 45 (1) Shannon 10:15 Spin 45 (3) Sheila 11:05 Core 30 (1) Shannon 11:20 Yoga (2) Allison	**16** 11:30 BST/BP 90 (1) Hannah 1:00 Yoga (2) Karen 1:00 SPIN (3) Katie 1:00 M&M 45 (1) Courtney 2:15 BodyFlow (2) Karen 2:00 BodyPump (1) Allison

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 6:00 BodyPump (1) Sara 8:30 BodyStep 45 (1) Stacie 9:00 Aqua (P) Wendy 9:20 Core 30 (1) Lyssa 9:55 PureMuscle 45(1) Lyssa 10:15 Aqua (P) Karen K 10:15 Yoga (2) Shana 10:45 GoLow (1) Stephanie 12:00 Cardio Dance(1) Ildiko 12:00 SPIN 45 (3) Sheila 4:30 Cardio Step (1) Alesia 5:00 Barre (2) Sara 5:30 BodyAttack 45 (1) Shannon 6:00 Aqua (P) Kristi 6:15 Yoga (2) Karen 6:00 SPIN 45 (3) Mary Alex 6:30 BodyPump (1) Katie	**18** 6:00 BodyAttack (1) Eric 6:00 SPRINT (3) Kim 8:00 Tone & Balance 45 (2) Wendy 8:30 KickBoxing (1) Shana 9:00 BodyFlow (2) Cassie 9:00 SPRINT (3) Sara 9:00 Aqua BC (P) Lyssa 9:35 BodyPump 45 (1) Mikaela 10:15 Barre (2) Suzanna 10:30 BodyAttack 45 (1) Shana 11:30 M&M 45 (1) Mary Alex 1:30 Parkinsons (3) Sloan 4:30 BST/BP 90 (1) Courtney 4:30 Barre (2) Kristi 6:00 Pure Muscle 40 (1) Kristi 5:45 BodyFlow (2) Sheila 6:45 Cardio Dance (1) Ildiko	**19** 6:00 Boot Camp 45 (1) Suzanna 8:30 PureMuscle 45 (1) Sara 9:00 Aqua BC (P) Katie 9:00 Pilates (2) Deb 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Shana 10:15 Aqua (P) Sara 10:15 Yoga (2) Karen 10:45 Go Low(1) Mikaela 12:00 BodyPump 45 (1) Jackie 12:00 SPRINT (3) Courtney S 5:15 POUND 45 (2) Alesia 5:30 BodyCombat(1) Ashely 6:00 SPIN 45 (3) Sheila 6:00 Aqua (P) Kari 6:30 BodyPump (1) Shannon 6:15 Yoga (2) Wendy	**20** 6:00 SPRINT (3) Shana 8:00 Tone & Balance 45(2) Sara 9:00 SPIN 45 (3) Shana 9:00 BodyFlow (2) Karen 9:30 M&M(1) Suzanna 10:00 QiGong (2) Bill/Linda 10:45 BodyPump (1) Sheila 12:00 BodyAttack (1) Ashley 1:30 Parkinsons (3) Wendy 5:30 Barre 30 (2) Kristi 5:30 M&M/Bootcamp 45(1) Shannon 6:00 SPRINT (3) Mikaela 6:15 BodyFlow 45 (2) Kristi 6:45 Werq(1) Ella	**21** 6:00 BodyPump (1) Suzanna 8:30 KickBoxing (1) Alesia 9:00 Barre (2) Lyssa 9:00 Aqua (P) Wendy 9:30 Spin RPM 45 (3) Ashley 9:35 BodyPump (1) Sara 10:15 Power Yoga (2) Jackie 10:45 Go Low (1) Eric 12:00 SPIN 45 (3) Katie 12:00 M&M 45 (1) Landry 5:30 BodyPump (1) Mikaela	**22** 8:00 BodyStep 45 (1) Cortney 9:00 BodyFlow (2) Chelsea 9:00 BodyPump (1) Cassie 9:00 Aqua BC (P) Kristi 9:30 SPRINT (3) Shannon 10:15 Barre (2) Mikaela 10:15 BodyAttack 45 (1) Ashley 10:15 Spin 45 (3) Chris C 11:05 Core 30 (1) Ashley 11:20 Yoga (2) Sheila	**23** 11:30 BST/BP 90 (1) Stacie 1:00 Yoga (2) Wendy 1:00 SPIN (3) Mary Alex 1:00 M&M 45 (1) Eric 2:15 BodyFlow (2) Sheila 2:00 BodyPump (1) Ashley
24 6:00 BodyPump (1) Katie 8:30 BodyStep 45 (1) Courtney 9:00 Aqua (P) Sara 9:20 Core 30 (1) Suzanna 9:55 PureMuscle 45(1) Suzanna 10:15 Aqua (P) Wendy 10:15 Yoga (2) Sheila 10:45 GoLow (1) Sara 12:00 Werq(1) Ella 12:00 SPIN 45 (3) Chris C 4:30 Cardio Step (1) Shana 5:00 Barre (2) Kristi 5:30 BodyAttack 45 (1) Mikaela 6:00 Aqua (P) Kari 6:15 Yoga (2) Kristi 6:00 SPIN 45 (3) Chris O 6:30 BodyPump (1) Ashley	**25** 6:00 BodyAttack (1) Shana 6:00 SPRINT (3) Kim 8:00 Tone & Balance 45 (2) Wendy 8:30 KickBoxing (1) Courtney 9:00 BodyFlow (2) Meg 9:00 SPRINT (3) Sara 9:00 Aqua BC (P) Suzanna 9:35 BodyPump 45 (1) Cassie 10:15 Barre (2) Sara 10:30 BodyAttack 45 (1) Ashley 11:30 M&M 45 (1) Courtney 1:30 Parkinsons (3) Sloan 4:30 BST/BP 90 (1) Stacie 4:30 Barre (2) Mikaela 6:00 Pure Muscle 40 (1) Mary Alex 5:45 BodyFlow (2) Kristi 6:45 Werq (1) Ella	**26** 6:00 Boot Camp 45 (1) Eric 8:30 PureMuscle 45 (1) Shana 9:00 Aqua BC (P) Katie 9:00 Pilates (2) Deb 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Shana 10:15 Aqua (P) Lyssa 10:15 Yoga (2) Lori 10:45 Go Low(1) Ashley 12:00 BodyPump 45 (1) Sara 12:00 SPRINT (3) Shana 5:15 POUND 45 (2) Kristi 5:30 BodyCombat(1) Mikaela 6:00 SPRINT(3) Courtney S 6:00 Aqua (P) Sara 6:30 BodyPump (1) Courtney 6:15 Yoga (2) Wendy	**27** 6:00 SPRINT (3) Shana 8:00 Tone & Balance 45(2) Karen K 9:00 SPIN RPM 45 (3) Meg 9:00 BodyFlow (2) Danielle 9:30 BodyStep (1) Whitney 10:00 QiGong (2) Bill/Linda 10:45 BodyPump (1) Cassie 12:00 BodyAttack (1) Shana 1:30 Parkinsons (3) Wendy 5:30 Barre 30 (2) Jackie 5:30 M&M/Bootcamp 45(1) Sara 6:00 SPRINT (3) Shannon 6:15 BodyFlow 45 (2) Jackie 6:45 Cardio Dance (1) Ildiko	**28** 6:00 BodyPump (1) Suzanna 8:30 BodyCombat(1) Victoria 9:00 Barre (2) Cassie 9:00 Aqua (P) Kristi 9:30 Spin 45 (3) Wendy 9:35 BodyPump (1) Mikaela 10:15 Power Yoga (2) Kristi 10:45 Go Low (1) Alesia 12:00 SPRINT(3) Sara 12:00 M&M 45 (1) Mary Alex 5:30 BodyPump (1) Danielle	**29** 8:00 BodyStep 45 (1) Jackie 9:00 BodyFlow (2) Kristi 9:00 BodyPump (1) Shannon 9:00 Aqua BC (P) Kari 9:30 SPRINT (3) Kim 10:15 Barre (2) Erika 10:15 BodyAttack 45 (1) Mikaela 10:15 Spin 45 (3) Shana 11:05 Core 30 (1) Mikaela 11:20 Yoga (2) Shana	**30** 11:30 BST/BP 90 (1) Jackie 1:00 Yoga (2) Hannah 1:00 SPIN (3) Katie 1:00 M&M 45 (1) Landry 2:15 BodyFlow (2) Hannah 2:00 BodyPump (1) Danielle
31 6:00 BodyPump (1) Sara 8:30 BodyStep 45 (1) Whitney 9:00 Aqua (P) Lyssa 9:20 Core 30 (1) Mary Alex 9:55 PureMuscle 45(1) Mary Alex 10:15 Aqua (P) Sara 10:15 Yoga (2) Sheila 10:45 GoLow (1) Karen K 12:00 Werq(1) Ella 12:00 SPIN RPM 45 (3) Meg 4:30 Cardio Step (1) Alesia 5:00 Barre (2) Shana 5:30 BodyAttack 45 (1) Shannon 6:00 Aqua (P) Katie 6:15 Yoga (2) Karen 6:00 SPIN 45 (3) Kari 6:30 BodyPump (1) Courtney	 **WE WELCOME CHANGE IN 2022! CORE TRAINING CLASSES ARE BACK! ADDITIONAL AQUA, CARDIO DANCE, SPRINT, SPIN, YOGA, BARRE, M&M/BOOTCAMP, AND PURE MUSCLE CLASSES HAVE BEEN ADDED AND ADDITIONALLY, MANY FORMATS HAVE BEEN REDUCED IN TIME TO ACCOMMODATE MORE OF YOUR SCHEDULES!** (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