




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Knox County Schools begin August 8th. We will go back to regular hours in KidFit on the 9th.</p> <p>Opens at 4:00 pm M-F (Regular times on the weekend)</p> 	<p>1</p> <p>6:00 BodyPump (1) Sara 8:30 BodyStep 45 (1) Stacie 9:00 Aqua BC (P) Suzanna 9:00 Pilates 45 (2) Deb 9:20 Core 30 (1) Eric 9:55 PureMuscle 45(1) Eric 10:15 Aqua (P) Lyssa 10:15 Yoga (2) Sheila 10:45 GoLow (1) Shana 12:00 SPIN 45 (3) Mary Alex 4:30 Cardio Step (1) Shana 5:00 Barre (2) Sara 5:30 BodyAttack 45 (1) Shana 6:00 Aqua (P) Landry 6:15 SPIN 45 (3) Katie 6:15 Yoga (2) Kristi 6:30 BodyPump (1) Ashley</p>	<p>2</p> <p>6:00 BodyAttack (1) Eric 6:00 SPRINT (3) Shannon 8:00 Tone &amp; Balance 45 (2) Sheila 8:30 KickBoxing (1) Shana 9:00 Aqua BC (P) Lyssa 9:00 BodyBalance (2) Cassie 9:00 SPRINT (3) Sara 9:35 BodyPump (1) Hollie 10:15 Barre (2) Shana 10:25 BodyAttack (1) Stacie 12:00 M&amp;M 45 (1) Ashley 1:30 Parkinsons (3) Meg 4:30 Barre (2) Sara 4:30 BST/BP 75 (1) Alesia 5:45 BodyBalance (2) Kristi 5:50 Pure Muscle 45(1) Landry 6:45 Cardio Dance (1) Ildiko 7:00 Rest. Yoga 45 (2) Karen</p>	<p>3</p> <p>6:00 Boot Camp 45 (1) Eric 8:30 PureMuscle 45 (1) Shana 9:00 Aqua BC (P) Suzanna 9:00 Pilates 45 (2) Karen 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Ashley 10:15 Aqua (P) Donna 10:15 Yoga (2) Ashley 10:45 Go Low(1) Ashley 12:00 BodyPump 45 (1) Katie 12:00 SPRINT (3) Sara 5:30 BodyCombat(1) Ashley 6:00 Aqua (P) Alesia 6:15 SPRINT (3) Mikaela 6:15 Yoga (2) Wendy 6:30 BodyPump (1) Sheila</p>	<p>4</p> <p>6:00 SPRINT (3) Shana 8:00 Tone &amp; Balance 45(2) Karen K 9:00 BodyBalance (2) Suzanna 9:00 SPIN 45 (3) Shana 9:30 M&amp;M(1) Courtney 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Whitney 12:00 BodyAttack (1) Ashley 1:30 Parkinsons (3) Wendy 5:30 BodyBalance (2) Karen 5:30 M&amp;M/Bootcamp 45 (1) Erika</p>	<p>5</p> <p>6:00 BodyPump (1) Shannon 8:30 KickBoxing (1) Courtney 9:00 Aqua (P) Kristi 9:00 Barre (2) Lyssa 9:05 BodyPump (1) Courtney 10:15 Power Yoga (2) Alesia 10:45 Go Low (1) Mikaela 12:00 Core/Strength (1) Ashley 12:00 RPM SPIN 45 (3) Meg 1:00 Rest. Yoga 45 (2) Wendy 5:30 BodyPump (1) Ashley</p>	<p>6</p> <p>8:00 BodyStep (1) Whitney 9:00 Aqua BC (P) Landry 9:00 BodyBalance (2) Chelsea 9:00 SPRINT (3) Kim 9:05 BodyPump (1) Suzanna 9:45 Spin 45 (3) Ashley 10:15 Barre (2) Sara 10:15 BodyAttack 45(1) Shannon 11:05 Core 30 (1) Shannon 11:30 Yoga (2) Kristi</p>
	<p>7</p> <p>11:30 BST/BP 90 (1) Courtney 1:00 SPIN (3) Kristina 1:00 Yoga (2) Alesia 1:10 M&amp;M 45 (1) Landry 2:00 BodyPump (1) Ashley 2:15 BodyBalance (2) Cassie</p>	<p>8</p> <p>6:00 BodyPump (1) Katie 8:30 BodyStep 45 (1) Whitney 9:00 Aqua BC (P) Suzanna 9:00 Pilates 45 (2) Deb 9:20 Core 30 (1) Lyssa 9:55 PureMuscle 45(1) Lyssa 10:15 Aqua (P) Karen K 10:15 Yoga (2) Wendy 10:45 GoLow (1) Shana 12:00 RPM SPIN 45 (3) Ashley 4:30 Cardio Step (1) Shana 5:00 Barre (2) Kristi 5:30 BodyAttack 45 (1) Shana 6:00 Aqua (P) Kristi 6:15 SPIN 45 (3) Chris O 6:15 Yoga (2) Alesia 6:30 BodyPump (1) Ashley</p>	<p>9</p> <p>6:00 BodyAttack (1) Shannon 6:00 SPRINT (3) Shana 8:00 Tone &amp; Balance 45 (2) Sara 8:30 KickBoxing (1) Courtney 9:00 Aqua BC (P) Lyssa 9:00 BodyBalance (2) Sheila 9:00 SPRINT (3) Sara 9:35 BodyPump (1) Mikaela 10:15 Barre (2) Suzanna 10:25 BodyAttack (1) Ashley 12:00 M&amp;M 45 (1) Ashley 1:30 Parkinsons (3) Meg 4:30 Barre (2) Erika 4:30 BST/BP 75 (1) Stacie 5:45 BodyBalance (2) Karen 5:50 Pure Muscle 45(1) Kristi 6:45 Cardio Dance (1) Ildiko 7:00 Rest. Yoga 45 (2) Karen</p>	<p>10</p> <p>6:00 Boot Camp 45 (1) Shannon 8:30 PureMuscle 45 (1) Sara 9:00 Aqua BC (P) Katie 9:00 Pilates 45 (2) Karen 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Shana 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Sara 12:00 BodyPump 45 (1) Hollie 12:00 SPRINT (3) Sara 5:30 BodyCombat(1) Mikaela 6:00 Aqua (P) Landry 6:15 SPRINT (3) Kim 6:15 Yoga (2) Kristi 6:30 BodyPump (1) Alesia</p>	<p>11</p> <p>6:00 SPRINT (3) Shannon 8:00 Tone &amp; Balance 45(2) Shana 9:00 BodyBalance (2) Suzanna 9:00 RPM SPIN 45 (3) Meg 9:30 BodyStep (1) Courtney 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Hollie 12:00 BodyAttack (1) Stacie 1:30 Parkinsons (3) Wendy 5:30 BodyBalance (2) Kristi 5:30 M&amp;M/Bootcamp 45 (1) MaryAlex</p>	<p>12</p> <p>6:00 BodyPump (1) Shannon 8:30 KickBoxing (1) Shana 9:00 Aqua (P) Lyssa 9:00 Barre (2) Chelsea 9:05 BodyPump (1) Cassie 9:45 Spin 45 (3) Shana 10:15 Barre (2) Eric 10:15 BodyAttack 45(1) Sara 11:05 Core 30 (1) Sheila 11:30 Yoga (2) Wendy Stacie</p>

Classes high-  
lighted in  
**GREEN** are  
Live-Streamed!

(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

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<p>14</p> <p>11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 1:10 M&amp;M 45 (1) 2:00 BodyPump (1) 2:15 BodyBalance (2)</p> <p>Stacie Katie Jackie Eric Courtney Sheila</p>	<p>15</p> <p>6:00 BodyPump (1) 8:30 BodyStep 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 Core 30 (1) 9:55 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN 45 (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Sara Jackie Suzanna Deb Jackie Eric Lyssa Shana Sheila Ashley Alesia Sara Mikaela Landry Sheila Kristi Katie</p>	<p>16</p> <p>6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone &amp; Balance 45 (2) 8:30 KickBoxing (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:35 BodyPump (1) 10:15 Barre (2) 10:25 BodyAttack (1) 12:00 M&amp;M 45 (1) 1:30 Parkinsons (3) 4:30 Barre (2) 4:30 BST/BP 75 (1) 5:45 BodyBalance (2) 5:50 Pure Muscle 45(1) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Shana Shannon Sara Shana Lyssa Meg Sara Courtney Suzanna Eric Ashley Meg Mary Alex Whitney Kristi Landry Ildiko Sheila</p>	<p>17</p> <p>6:00 Boot Camp 45 (1) 8:30 PureMuscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPRINT (3) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:15 SPRINT (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Shannon Katie Suzanna Karen Shana Shana Donna Courtney Suzanna Eric Ashley Mikaela Kristi Kim Alesia Stacie</p>	<p>18</p> <p>6:00 SPRINT (3) 8:00 Tone &amp; Balance 45(2) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 M&amp;M (1) 10:15 QiGong (2) 10:45 BodyPump (1) 12:00 BodyAttack (1) 1:30 Parkinsons (3) 5:30 BodyBalance (2) 5:30 M&amp;M/Bootcamp 45 (1)</p> <p>Shana Sara Cassie Shana Eric Bill/Linda Hollie Ashley Kristina Sheila Erika</p>	<p>19</p> <p>6:00 BodyPump (1) 8:30 BodyCombat(1) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 Core/Strength (1) 12:00 RPM SPIN 45 (3) 1:00 Rest. Yoga 45 (2) 5:30 BodyPump (1)</p> <p>Katie Victoria Kristi Shana Mikaela Shana Alesia Mary Alex Meg Karen Ashley</p>	<p>20</p> <p>8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:05 BodyPump (1) 9:45 Spin 45 (3) 10:15 Barre (2) 10:15 BodyAttack 45(1) 11:05 Core 30 (1) 11:30 Yoga (2)</p> <p>Courtney Erika Cassie Kim Suzanna Sheila Mikaela Ashley Ashley Shana</p>
<p>21</p> <p>11:30 BST/BP 90 (1) 1:00 RPM SPIN (3) 1:00 Yoga (2) 1:10 M&amp;M 45 (1) 2:00 BodyPump (1) 2:15 BodyBalance (2)</p> <p>Courtney Ashley Karen Eric Hollie Karen</p>	<p>22</p> <p>6:00 BodyPump (1) 8:30 BodyStep 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 Core 30 (1) 9:55 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN 45 (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Katie Stacie Sara Deb Suzanna Suzanna Sara Wendy Ashley Mary Alex Shana Kristi Mikaela Landry Chris O Shana Ashley</p>	<p>23</p> <p>6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone &amp; Balance 45 (2) 8:30 KickBoxing (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:35 BodyPump (1) 10:15 Barre (2) 10:25 BodyAttack (1) 12:00 M&amp;M 45 (1) 1:30 Parkinsons (3) 4:30 Barre (2) 4:30 BST/BP 75 (1) 5:45 BodyBalance (2) 5:50 Pure Muscle 45(1) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Shannon Shana Karen K Courtney Suzanna Meg Sara Hollie Cassie Ashley Victoria Meg Mary Alex Whitney Karen Erika Ildiko Karen</p>	<p>24</p> <p>6:00 Boot Camp 45 (1) 8:30 PureMuscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPRINT (3) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:15 SPRINT (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Landry Eric Katie Karen Shana Shana Ella Karen Sara Stacie Shana Victoria Kristi Sara Wendy Alesia</p>	<p>25</p> <p>6:00 SPRINT (3) 8:00 Tone &amp; Balance 45(2) 9:00 BodyBalance (2) 9:00 RPM SPIN 45 (3) 9:30 BodyStep (1) 10:15 QiGong (2) 10:45 BodyPump (1) 12:00 BodyAttack (1) 1:30 Parkinsons (3) 5:30 BodyBalance (2) 5:30 M&amp;M/Bootcamp 45 (1)</p> <p>Shannon Sheila Suzanna Meg Whitney Bill/Linda Mikaela Stacie Wendy Sheila Landry</p>	<p>26</p> <p>6:00 BodyPump (1) 8:30 KickBoxing (1) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:15 Power Yoga (2) 10:45 Go Low (1) 12:00 Core/Strength (1) 12:00 SPIN 45 (3) 1:00 Rest. Yoga 45 (2) 5:30 BodyPump (1)</p> <p>Shannon Alesia Sara Chelsea Mikaela Kristi Eric Ashley Katie Wendy Sheila</p>	<p>27</p> <p>8:00 BodyStep (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:05 BodyPump (1) 9:45 Spin 45 (3) 10:15 Barre (2) 10:15 BodyAttack 45(1) 11:05 Core 30 (1) 11:30 Yoga (2)</p> <p>Jackie Kristi Jackie Shana Courtney Ashley Lyssa Eric Eric Shana</p>
<p>28</p> <p>11:30 BST/BP 90 (1) 1:00 SPIN (3) 1:00 Yoga (2) 1:10 M&amp;M 45 (1) 2:00 BodyPump (1) 2:15 BodyBalance (2)</p> <p>Jackie Katie Karen Erika Whitney Karen</p>	<p>29</p> <p>6:00 BodyPump (1) 8:30 BodyStep 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 Core 30 (1) 9:55 PureMuscle 45(1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN 45 (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Shannon Courtney Sara Deb Courtney Lyssa Karen K Shana Sara Mary Alex Alesia Shana Stacie Kristi Chris O Shana Katie</p>	<p>30</p> <p>6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone &amp; Balance 45 (2) 8:30 KickBoxing (1) 9:00 Aqua BC (P) 9:00 BodyBalance (2) 9:00 SPRINT (3) 9:35 BodyPump (1) 10:15 Barre (2) 10:25 BodyAttack (1) 12:00 M&amp;M 45 (1) 1:30 Parkinsons (3) 4:30 Barre (2) 4:30 BST/BP 75 (1) 5:45 BodyBalance (2) 5:50 Pure Muscle 45(1) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p> <p>Shana Shannon Karen K Shana Suzanna Meg Mikaela Cassie Shana Eric Victoria Meg Erika Alesia Kristi Landry Ildiko Karen</p>	<p>31</p> <p>6:00 Boot Camp 45 (1) 8:30 PureMuscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPRINT (3) 5:30 BodyCombat (1) 6:00 Aqua (P) 6:15 SPRINT (3) 6:15 Yoga (2) 6:30 BodyPump (1)</p> <p>Shannon Katie Ella Karen Shana Ashley Donna Karen Ashley Hollie Sara Ashley Sara Shana Kristi Stacie</p>	<div style="border: 2px dashed green; padding: 10px;"> <p style="text-align: center;"><b>Changes for August in Group Fitness:</b></p> <p style="text-align: center;"><b>Cardio Dance is BACK on Tuesday's at 6:45 pm!!</b></p> <p style="text-align: center;"><b>Pure Muscle on Tuesday at 5:50pm reduces to 45 minutes as previous.</b></p> </div>		

