



YOUTH & FAMILY
DEVELOPMENT

Chattanooga Fitness Center

Group Exercise Class Schedule - 2016
(effective November 7th)

Time/Day	Mon	Tues	Wed	Thurs	Fri	Sat
9:00 am	KBC		KBC		KBC	
9:00 am						
10:15 am	Lite 'n' Lo Aerobics (Caper Room)	Chair Exercise	Lite 'n' Lo Aerobics (Caper Room)	Chair Exercise	Lite 'n' Lo Aerobics (Caper Room)	
12:15 pm		Line Dancing		Line Dancing		
5:15 pm	Hi 'n' Lo Aerobics	Group Strength	Hi 'n' Lo Aerobics	Group Strength		
6:15 pm	Yoga de la Vida	ZUMBA		ZUMBA		
6:30 pm			Kettlebell Core Challenge			

(Caper Room – smaller exercise room, featuring greater privacy)

Chair Exercise: focuses on mobility improvement & pain management; ideal for beginners & seniors

Group Strength: tone your body from top to bottom in this fun, functional strength training class

Hi 'n' Lo Aerobics: a mixture of high & low intensity aerobic moves, for all levels of fitness

KBC: a moderate to vigorous intensity strength & conditioning workout using kettlebells and more

Kettlebell Core Challenge: this class focuses on strengthening the mid-section, using kettlebells and more. *Challenging!*

Line Dancing: get in shape and have fun exercising to choreographed dance steps, no partners required!

Lite 'n' Lo Aerobics: a basic low impact aerobic exercise class; ideal for beginners & seniors

Yoga de la Vida: a blend of yoga, tai chi, and other Eastern exercise forms. Bilingual. All levels.

Zumba: a Zumba® workout uses Latin and International music and rhythmic movements for a fun and effective workout

Hours of Operation:

Mon – Thurs, 8am – 8pm

Friday, 8am - 7pm

Saturday, 8am - noon

Entry Fee - \$1.00

Chattanooga Fitness Center

@ Warner Park, 1254 East Third St

(423) 643-6600

www.chattanooga.gov

ADA Accessible