

# November

**Center Hours:**  
 Mon-Fri 5am-9pm  
 Sat 7am-7pm  
 Sun 1pm-5pm

800 South Park Lane  
 641-828-0580  
 www.knoxvilleia.gov



## Group Fitness Schedule 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	<b>No Classes Thursday 22nd - Sunday 25th. Happy Thanksgiving!</b>							
5:20-6:00am	★ Mobility Mix	Cycle Grit	Intervelocity	Cycle Grind	Ampd Power Flow®	7:15-8:15am Cycle Saturday		
7:50-8:35am	Silver Splash®	Aqua Rhythm	Aqua Blast	★ Aqua Revive	★ H2O Stroll	★ 8:30-9:15am Butts & Guts		
8:45-9:25am	Stayn' aFLOWt	Wellness Waves	Bon Voyage	Aqua Restore	Bobbin Bottoms	9:30-10:15am Aqua Zumba®	4:00-4:45pm PiYo Live®	
8:15-9:00am		Ampd Powerflow®		Intervelocity	Yoga	<b>KID Friendly Classes!</b> 1st grade & up welcome in <b>ALL</b> classes with adult present. (6th grade and up may participate in cycling classes) Instructors reserve the right to bench the non-participating.		
10:00-10:45am	Silver Sneaker Circuit®	Boom Move®	Silver Sneaker Classic®	Boom Mind®	Strong Sticks			
4:30-5:15pm	★ Kick It!			Battle Body	Cycle Essence			
5:30-6:15pm	Step It Up!	PiYo Live®	Rhythm Ride	Zumba®				
6:20-7:00pm	Aqua Zumba®	Intervelocity	★ Aqua StrutStrengthStretch	Ampd Power Flow®				★ New Classes!!

<p><b>Gym Schedule</b>            Classes and Volleyball listed in black will have 1/2 gym available. Times opposite of what is listed in black will be full open gym. Please see front desk for questions! thanks!</p>	<p><b>Wednesday</b>            Drop - In Volleyball (high school &amp; up)            6:30-8:30pm            7th, 14th &amp; 28th            free for members            \$5 non-members</p>	<p><b>Friday</b>            Open Volleyball (all ages)            3:30-9:00pm            2nd, 9th, 16th &amp; 30th            daily admission or membership</p>	<p><b>Saturday</b>            Open Volleyball (all ages)            7:00am-1:00pm            3rd, 10th &amp; 17th            daily admission or membership</p>
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