

November

Center Hours:

Mon-Fri 5am-9pm

Sat 7am-7pm

Sun 1pm-5pm

Closed November 28

800 South Park Lane

641-828-0580

www.knoxvilleia.gov



Group Fitness Schedule 2019

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

No Classes 28-30 Happy Thanksgiving!

5:10-5:55am	Mobility Mix	Cycle Grit	Intervelocity	Cycle Grind		7:15-8:15am Cycle Saturday
6:00-6:30am	Simply Strength		Cardio Core Connection		Mat Muscles	
7:50-8:35am	Silver Splash®	Aqua Rhythm	Aqua Light & Lively	Aqua Revive	H2O Stroll	8:30-9:15am Butts & Guts
8:15-9:00am		Power Tone		Ampd Power Flow®	Yoga	
8:45-9:25am	Deep Flow	Fluid Balance	Deep Voyage	Aqua Restore	Deep Strength	9:30-10:15am Aqua Pumped
10:00-10:45am	SS Strength Progressions®	BOOM® Move	Silver Sneaker Circuit®	EnerCHI®	Silver Sneaker Classic®	4:00-4:45pm Yoga
4:40-5:20pm		Zumba®	Power Tone	Cardio Kick	Cycle Essence	No Aqua Pumped 23rd & 30th
5:30-6:15pm	Step It Up	PiYo Live®	Rhythm Ride	Zumba®		KID Friendly Classes! 1st grade & up welcome in ALL classes with adult present. (6th grade and up may participate in cycling classes).
6:20-7:00pm	Aqua Zumba®	Ampd Power Flow®	Aqua Pumped	Intervelocity		

Gym Schedule

Full open gym available except when class or volleyball times are listed, then half gym available.

Open Volleyball (all ages) Monday 3:00-8:30pm on the 4th, 11th, 18th and 25th

Power Volleyball - Free for members - \$5 for non-members

Power Volleyball (high school and up) Wednesday 6:30-8:30pm on the 6th, 13th and 20th