

FORT SANDERS  
HEALTH & FITNESS CENTER

★★★★★

531 - 5000



2017

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version on our website at  
[fshfc.com](http://fshfc.com)

SUN	MON	TUE	WED	THU	FRI	SAT								
<p><b>PARKINSON'S PEDALERS</b></p> <p>This class meets every Tuesday, Thursday and Friday at 1:30 in studio #2</p> <p>The emphasis is on pedaling consistently for up to 45 min. on an indoor cycle finishing with stretching movements.</p> <p>Research has shown that Parkinson Patients who cycle weekly see significant improvements in Motor Function!</p>	1	2	3	4	5	6								
	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:00 Int Yoga (3) 7:15 SPIN (2) 7:30 Zumba (1)	Courtney Lara Shana Carla Stephanie Wendy Carla Julie Stephanie Carla Julie Kari Katie Chris Karen Shana Shannon Shannon Lara Wendy Allison/Ashley Ron Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 9:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Flow (P) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 BC (1) 6:35 Barre 30 (3) 6:40 Spin-RPM (2)	Shana Lara Kari Kari Cindy Stephanie Lori Linda Eric Debbie Susan Megan/Cassie Karen K Mary Alex Sommer Cassie Kari Alesia Ashleigh Karen Kate Ashley Karen Megan	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Allison Nancy Sommer Donna Karen Julie Donna Shana Karen Shana Susan Bill/Linda Katie Stephanie Bill/Linda Susan Shana Olga Ashley Kristi Lara Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Cardio Dance (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Nancy Kari Lori Kate Lara Cassie Stephanie Debbie Stephanie/Megan Julie Mary Alex Kari/Julie Ashley Linda Carla Sommer Carla Rebecca Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Nancy Joe Ashley Deb Wendy Kristi Stephanie Wendy Katie Lori Kate Lara Cassie Jane Olga Nancy Debbie Julie Megan	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Carla Kristi Joe Donna Linda Carla/Nancy Shana Eric Shannon Shana Ildiko		
	7	8	9	10	11	12	13							
	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Warm Hatha Yoga (3) 1:50 BC (1) 2:00 Barre (3) 2:55 BP (1) 3:05 POUND (3) 4:00 Zumba/CD (1) 4:00 BF (3)	Carla Nancy Kate Dian Courtney Mary Alex Ashley Megan Julie Danielle	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:00 Int Yoga (3) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Kari Shana Lara Stephanie Wendy Shannon Eric Stephanie Carla Eric Shannon Carla Chris Karen Alesia Shana Kristi Wendy Megan/Danielle Ron Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Flow (P) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 BC (1) 6:35 Barre 30 (3) 6:40 Spin-RPM (2)	Shana Lara Stephanie Kate Jane Shana Kari Linda Ashley Debbie Susan Megan/Cassie Karen K Mary Alex Shannon Kari Olga Kari Alesia Allyson Karen Katie Sarah Karen Megan	6:00 HIIT 45 (1) 6:00 Spin-Int (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Kate Nancy Lori Donna Karen Shana Donna Shana Karen Julie Stephanie Bill/Linda Lara Cindy Bill/Linda Kari Linda Ildiko Ashley Shannon Sarah Dian Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Cardio Dance (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Stephanie Kari Lori Sommer Lara Cassie Sarah Debbie Megan/Ashley Julie Kate Kari/Julie Shannon Shana Stephanie Mary Alex Kristi Rebecca Allyson	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Allison Joe Carla Lori Ildiko Carla Kristi Courtney/Stephanie Eric Lara Kate Stephanie Lori Kari Lara Alesia Stephanie Debbie Kari Julie Megan	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Alesia Kristi Jane Linda Kristi Stephanie Eric Kate Kate Shana Cassie

(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... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BJ=BodyJam	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step
FF=Forever Fit	GL=Go Low	HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Meltdown	PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training				Spin-RPM—Les Mills Indoor Cycling Program			

14	11:30 BST/ BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Warm Hatha Yoga (3) 1:50 BC (1) 2:00 Barre (3) 2:55 BP (1) 3:05 POUND (3) 4:00 Zumba/CD (1) 4:00 BF (3)	Lara Lori Mary Alex Dian Rebecca Linda Megan/Allison Ashleigh Ildiko Ashleigh	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:00 Int Yoga (3) 7:15 SPIN (2) 7:30 Zumba/CD	Ashley Lara Shana Carla Stephanie Deb Carla Sommer Stephanie Carla Eric Debbie Carla Julie Kate Cassie Chris Kari Shana Shannon Shannon Kristi Wendy Ashley/Lara Ron Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 9:00 Aqua-DW (P) 9:00 PL (3) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Flow (P) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:30 Parkinsons P (2) 4:30 BST/ BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 BC (1) 6:35 Barre 30 (3) 6:40 Spin-RPM (2)	Shana Lara Kari Jane Cindy Stephanie Lori Carla Eric Debbie Carla Megan/Stephanie Karen K Shana Shannon Cassie Kari Sarah Ashleigh Kristi Kate Rebecca Mary Alex Ashley	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Allison Nancy Julie Sarah Karen Julie Donna Shana Karen Shana Donna Bill/Linda Cassie Lori Bill/Linda Kari Linda Ildiko Megan Kristi Alesia Sunny Debbie	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Cardio Dance (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Nancy Debbie Stephanie Shana Kari Cassie Sarah Debbie Megan/Stephanie Julie Mary Alex Julie Ashley Karen Carla Sommer Carla Ashley Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/ BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Nancy Joe Ashley Sunny Kate Linda Shana Wendy Kate Lori Stephanie Cassie Katie Debbie Nancy Debbie Alesia Sarah	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Nancy Ashleigh Cindy Shannon Karen Nancy/Megan Kate Sommer Sommer Wendy Sommer Wendy Allyson	20
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21	11:30 BST/ BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga Hatha Yoga (3) 1:50 BC (1) 2:00 Barre (3) 2:55 BP (1) 3:05 POUND (3) 4:00 Zumba/CD (1) 4:00 BF (3)	Sarah Katie Mary Alex Dian Courtney Linda Ashley/Allison Ashleigh Allyson Ashleigh	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:00 Int Yoga (3) 7:15 SPIN (2) 7:30 Zumba/CD	Courtney Nancy Shana Lara Sarah Wendy Carla Carla Stephanie Dian Eric Pam Katie Chris Kari Shana Shana Kate Kristi Wendy Megan/Danielle Ron Chris Ildiko	6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Flow (P) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:30 Parkinsons P (2) 4:30 BST/ BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 BC (1) 6:35 Barre 30 (3) 6:40 Spin-RPM (2)	Kate Lara Stephanie Stephanie Kari Shana Ildiko Linda Ashley Debbie Shana Sarah/Stephanie Karen K Shana Sommer Olga Kari Sarah Alesia Katie Kristi Ashley Mary Alex Megan	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Shana Sommer Stephanie Kate Karen Alesia Donna Shannon Karen Julie Donna Bill/Linda Katie Nancy Bill/Linda Susan Mary Alex Ildiko Shannon Stephanie Daniele Ashley Ildiko	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Cardio Dance (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Nancy Debbie Stephanie Kate Kari Lara Alesia Debbie Ashley/Sarah Julie Mary Alex Julie Shannon Karen Stephanie Sommer Danielle Ashley Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/ BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Kate Joe Carla Sunny Lara Carla Kristi Lara Eric Shana Nancy Stephanie Alesia Katie Olga Nancy Debbie Julie Ashley	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Carla Kristi Joe Linda Courtney Carla/Stephanie Shannon Sommer Sommer Susan Ildiko	27
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28	11:30 BST/ BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Warm (3) 1:50 BC (1) 2:00 Barre (3) 2:55 BP (1) 3:05 POUND (3) 4:00 Zumba/CD (1) 4:00 BF (3)	Alesia Shana Sommer Carla Ashley Karen Carla/Danielle Allyson Ildiko Danielle	9:00 Aqua (P) 9:00 BA (1) 9:00 POUND (3) 10:00 SPIN (2) 10:00 BF (3) 10:00 BP (1)	Kristi Ashley Cassie Chris Carter Cassie Ashley	6:00 BA (1) 6:00 BF (3) 6:00 SPIN (2) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Aqua Flow (P) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:30 Parkinsons P (2) 4:30 BST/ BP 70 (1) 4:30 POUND (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 BC (1) 6:35 Barre 30 (3) 6:40 Spin-RPM (2)	Kate Lara Shana Kate Jane Alesia Ildiko Linda Eric Debbie Susan Cassie/Sarah Karen K Sunny Shannon Allyson Kari Stephanie Ashleigh Karen Katie Ashley Karen Megan	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Kate Nancy Shana Donna Karen Shana Donna Shana Karen Lori Sunny Bill/Linda Cassie Katie Bill/Linda Susan Linda Olga Megan Kristi Allison Lori Debbie	9:00 Aqua (P) 9:00 BA (1) 9:00 POUND (3) 10:00 SPIN (2) 10:00 BF (3) 10:00 BP (1)					
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## NO MORE SPIN TAGS BEGINNING MAY 1st!!!

Spin classes will still be limited to 30 participants and participants may sign up on-line 24-hours in advance and up to 15 minutes before class. Instructions for getting set up for on-line reservations are located on the counter in the SPIN room as well as display bins. If you have any questions please contact Lori Miracle at 865/531-5063 or Business Office at 865/531-5296