

Group Exercise Schedule 2012 *Jan Feb March schedule

centennialsportsplex.com 222 25th Ave North Nashville, Tn. 37203

	Class	Instructor	Class Level
Monday			
6:00a	Boot Camp	Ken	Advance
12:10p	Boot Camp	Allen	Advance
5:10p	Zumba	Guisell	Beginner / Intermediate
Tuesday			
11:30a	Body Workshop	Kathy	Intermediate / Advance
12:30p	Piloga	Kathy	Intermediate / Advance
5:10p	Gentle Yoga	Susan	Beginner friendly
6:10p	Step	Charturah	Intermediate / Advance
7:10p	Yoga	Susan	All Levels
Wednesday			
6:00a	Bootcamp	Ken	Advance
11:10a	Gentle Yoga	Robin	All levels
12:10p	Step	Ken	Intermediate / Advance
5:15p	KickBox	Guisell	Beginner / Intermediate
6:10p	Gentle Yoga	Robin	Beginner / Intermediate
Thursday			
11:30a	Body Sculpt	Susan	Intermediate / Advance
12:30p	Yoga	Susan	Intermediate / Advance
5:10p	Step	Ken	All Levels
6:10p	Flexibility Training	Ken	All Levels
Friday			
6:00a	Bootcamp	Ken	Advance
12:10p	Canceled until further notice		
4:15p	Zumba	Charturah	Beginner / Intermediate
5:00p	Step	Ken	Intermediate / Advance
Saturday			
9:10a	Step	Charturah	Intermediate / Advance
10:30a	Yoga	Susan	All Levels

Instructors are Group. Exercise. / CPR Certified.
 Teens 13 to 16 may attend w/ parental supervision
 Classes are subject to change or cancelation due to low attendance or instructor availability.

For more information - Contact Denise Carr 862-8480 denise.carr@nashville.gov

