

# On-Site Fitness Classes

2009: 1st Quarter: Jan. 12—March 27

Classes open to all  
County & City employees!

Make checks payable to  
Knox County Government

Cost is **\$3** per class  
Minimum of 10 classes

#### Discounts Available!

- Enroll in 20-29 classes and receive **10% off**
- Enroll in 30-39 classes and receive **15% off**
- Enroll in 40+ classes and receive **20% off**

#### To Register

Contact Bright Start  
wellness@knoxcounty.org  
215-4573

You must fill out a waiver  
and pay class fees on or  
before the first class.

Mondays from 12:00-12:45p.m.  
**Weight Training**  
**Instructor: Shannon Parker**  
Location: Main Health Department Auditorium  
Class Begins: January 12th

Mondays from 12:30-1:15p.m.  
**Gut-Busters Abs Class**  
**Instructor: Felicia Reeves**  
Location: Wellness Room/CCB (L-3)  
Class Begins: January 12th

Tuesdays from 11:15-12:00  
**Beginner Yoga**  
**Instructor: Leslie Wagner**  
Location: Wellness Room/CCB (L-3)  
Class Begins: January 13th

Tuesdays from 12:30-1:15 p.m.  
**Weight Training**  
**Instructor: Shannon Parker**  
Location: Wellness Room/CCB (L-3)  
Class Begins: January 13th

Wednesdays from 12:00-12:45 p.m.  
**Pi-Yo**  
**Instructor: Shannon Parker**  
Location: Main Health Department Auditorium  
Class Begins: January 14th

Wednesdays from 12:30-1:15  
**Intermediate Yoga**  
**Instructor: Leslie Wagner**  
Location: Wellness Room/CCB (L-3)  
Class Begins: January 14th

Thursdays from 12:30-1:15 p.m.  
**Weight Training**  
**Instructor: Shannon Parker**  
Location: Wellness Room/ CCB (L-3)  
Class Begins: January 15th

Payments and registration form should be sent to:  
Knox County Human Resources  
Attn. Bright Start City-County Building, Suite 360