

BRIGHT START PRESENTS

3rd Quarter On-Site Fitness Classes July—September 2008

Classes open to all
county & city
employees!

Make checks payable
to Knox County
Government

New this quarter!

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

You can change days and
types of classes
each week!

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.

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

Mondays from 11:00-11:45

Beginner Yoga

Location: Main Health Department Community Room

Mondays from 11:15-12:00

Cardio Sculpt

Location: Wellness Room/CCB (L-3)

Mondays from 12:00-12:45p.m.

Weight Training

Location: Main Health Department Auditorium

Mondays from 12:30-1:15p.m.

Gut-Busters Abs Class

Location: Wellness Room/CCB (L-3)

Tuesdays from 11:15-12:00

Beginner Yoga

Location: Wellness Room/CCB (L-3)

Tuesdays from 12:30-1:15 p.m.

Weight Training

Location: Wellness Room/CCB (L-3)

Wednesdays from 12:00-12:45 p.m.

Pi-Yo

Location: Main Health Department Auditorium

Wednesdays from 12:30-1:15

Intermediate Yoga

Location: Wellness Room/CCB (L-3)

Thursdays from 12:30-1:15 p.m.

Weight Training

Location: Wellness Room/ CCB (L-3)

Fridays from 12:30-1:15 p.m.

Gut-Busters Abs Class

Location: Wellness Room/ CCB (L-3)