



## Building Healthy Families through Nutrition and Fitness

### A Community Guide of Local Programs and Classes

Class/Program	Location	Contact	Fee	Class Length
Weigh to Go Junior	Ft. Sanders Fitness Ctr.	531-5233	\$200 member \$250 non-mmeber	6 weeks
Making Healthy Choices for Families	East Tenn. Children's Hospital	541-8262	Free	1-1.5 hrs.
Mommy and Me (ages 18 months - 2 years)				
Totnastics (ages 3-4)	Blount Memorial Wellness Center at Springbrook, Alcoa	980-711 7 Tommy Curtis	\$45 per child \$30 for members	5 weeks
Kidnastics (ages 5-7)				
Strength and Conditioning (ages 8-12)				
Pump/Exercise	Kern Methodist Church 451 E. Tennessee Ave., Knoxville	Covenant Hlth 374-1000	\$15/month \$4/class	Tues/Thurs 5-6 p.m.
Fitness Program (ages 10+)	Univ. of Tenn. Medical Center	544-6630	\$25 monthly	MWF 4:30
YMCA	Programs/Locations vary	522-9625		
St. Mary's Fitness Center	Programs/Locations vary	362-8505/938-5015		
Clinton Physical Therapy (Personal Training)	Take Charge Fitness	457-8237 (Sue Wrisberg)		
Exercise Classes	Beaver Ridge U.M.C. (Karns area)	690-1060		
National Fitness Ctr. (programs for ages 3-10)	Knox area locations	687-6066		

*All phone numbers listed above are in area code 865.*

*Note: this list was last updated 10/11/04. The above programs are not operated by Children's Hospital and may be discontinued at any time. Contact any program directly to verify program availability, cost, location and other details.*