

Wellness Complex Fairfield Glade 931-707-8420				Aerobic Classes		DECEMBER
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30-7:30 am 20/20/20 Cleet	6:30-7:30 am Cardio Mash-up Pat	6:30-7:30 am Butts & Guts Cleet	6:30-7:30 am 20/20/20 Pat	6:30-7:30 am Circuit Training Jane	8:15-9:15 am Super Saturday!! Jane / Cleet / Lauri	Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm
8:00-9:00 am X-Strength Cleet	8:00-9:00 am Ballet Barre [c] Cathy	8:00-9:00 am Spin Cycle Pam	8:00-9:00 am Ballet Barre [c] Cathy	8:00-9:00 am X-Strength Jane	9:30-10:30 am Spin Cycle Jane / Lauri / Pam	
9:15-10:15 am Beginner Spin Cycle Pam	8:00-9:00 am Fusion Pat	8:00-9:00 am X-Strength Jane	8:00-9:00 am Body Balance Pat	9:15-10:15 am Yoga [c] Sandi	9:30-10:30 am Zumba Michelle / Lauri	Notice: Pool area closes 30 minutes prior to facility.
9:15-10:15 am Yoga [c] Sandi	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Beginner Spin Cycle Pam	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Beginner Step Cleet		
9:15-10:15 am Step & Sculpt Cleet	9:15-10:15 am Spin Cycle Pam	9:15-10:15 am YinYang Yoga [c] Rhonda	9:15-10:15 am Spin Cycle Jane	10:30-11:30 am Senior Fit Cleet		Notice: Class sizes are limited. Please do not enter if "Class is Full" sign has been posted.
10:30-11:30 am Senior Fit Cleet	9:15-10:15 am 11/12 Chair Yoga Rhonda	9:15-10:15 am Senior Fit Jane	9:15-10:15 am Zumba Michelle	1:00-2:00 pm Chair Tai-Chi Drew		
11:45-12:45 pm Mobilinics Glenn	10:30-11:30 am Fit N Fabulous Cathy	10:30-11:30 am Tabata & More Cleet	10:30-11:30 am Fit N Fabulous Cathy			
1:30-2:30 pm Senior Fit Jane	1:00-2:00 pm Chair Tai-Chi Drew	1:15-2:15 pm Senior Fit Jane	11:00-12:00 pm Mobilinics [c] Glenn			[c] - Class is held in the conference room.
4:45-5:45 pm Spin Cycle Sheri	4:45-5:45 pm Strength & Stretch Jane / Cleet	2:30-3:30 pm Yoga Stretch [c] Sandi	2:00-3:15 pm Restorative Yoga [c] Rhonda			
		3:45-4:45 pm Zumba Sly	4:45-5:45 pm Circuit Training Jane			
		4:45-5:45 pm Spin Cycle Sheri				

NOTE: Restorative Gentle Yoga & Spin Cycle - Members must sign up for classes. Members can start signing up on Saturday mornings at 7:15 am for the following week by calling 931-707-8420 opt. 1 or at the front desk.

Wellness will be closed 12/24 & 12/25 & 1/1/25 and close at 3pm 12/31.

CANCELLED: Chair Tai-Chi 12/27

CLASS SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE - Class descriptions on back.