

Wellness Complex Fairfield Glade 931-707-8420				Aerobic Classes		9/1/2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30-7:30 am 20/20/20 Cleet	6:30-7:30 am Cardio Mash-up Cathy / 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 / Sindi / Cleet	Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm Notice: Pool area closes 30 minutes prior to facility. Notice: Class sizes are limited. Please do not enter if "Class is Full" sign has been posted.
8:00-9:00 am Spin Cycle Pam	8:00-9:00 am Ballet Barre [c] Cathy	8:00-9:00 am Spin Cycle Pam	8:00-9:00 am Yoga Flow Sindi	8:00-9:00 am X-Strength Patty	9:30-10:30 am Spin Cycle Jane / Sindi	
8:00-9:00 am X-Strength Patty	8:00-9:00 am Fusion Pat	8:00-9:00 am X-Strength Patty	8:00-9:00 am Ballet Barre [c] Cathy	9:15-10:15 am Yoga [c] Sandi	9:30-10:30 am Zumba Michelle / Lauri	
9:15-10:00 am Beginner Spin Cycle Pam	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Senior Fit Jane	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Beginner Step Cleet	10:45-11:45 am Line Dancing Lauri	
9:15-10:15 am Yoga [c] Sandi	9:15-10:15 am Spin Cycle Sindi	10:30-11:30 am Tabata & More Cleet	9:15-10:15 am Spin Cycle Jane	10:30-11:30 am Senior Fit Cleet		
9:15-10:15 am Step & Sculpt Cleet	9:30-10:30 am X-Strength Patty	1:15-2:15 pm Senior Fit Jane	9:30-10:30 am X-Strength Patty	1:00-2:00 pm Chair Tai-Chi Drew		
10:30-11:30 am Senior Fit Cathy	11:00-12:00 pm Fit N Fabulous Sindi	2:30-3:30 pm Yoga Stretch [c] Sandi	11:00-12:00 pm Fit N Fabulous Sindi			
11:45-12:45 pm Mobilinics Glenn	1:00-2:00 pm Chair Tai-Chi Drew	3:45-4:45 pm Zumba Sly	11:00-12:00 pm Mobilinics [c] Glenn			
1:30-2:30 pm Senior Fit Sindi	4:45-5:45 pm Strength & Stretch Jane / Cleet	4:45-5:45 pm Spin Cycle Sheri	CANCELLED Zumba Michelle			
3:00-4:00 pm Breath Yoga [c] Sindi			2:00-3:15 pm Restorative Yoga [c] Sindi			
4:45-5:45 pm Spin Cycle Sindi			4:45-5:45 pm Circuit Training Jane			

NOTE: Restorative Gentle Yoga & Spin Cycle - Members must sign up for classes. Members can start signing up on Monday mornings at 5:00 am by calling 931-707-8420 opt. 1 or at the front desk.

CANCELLED CLASSES:

Mobilinics 9/9, 9/12, 9/16; Restorative Yoga 9/5; Zumba 9/11; Barre 9/10, 9/17

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