

Wellness Complex Fairfield Glade 931-707-8420				Aerobic Classes		FEBRUARY (2026)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30-7:30 am 20/20/20 Cleat	8:00-9:00 am Cardio Mash-Up Cathy	6:30-7:30 am Butts & Guts Cleat	8:00-9:00 am Ballet Barre [c] Cathy	6:30-7:30 am Circuit Training Jane	8:15-9:15 am Super Saturday!! Instructor Varies	Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm Notice: Pool area closes 30 minutes prior to facility.
8:00-9:00 am X-Strength Barbara	9:15-10:15 am Pilates Cathy	8:00-9:00 am X-Strength Barbara	8:00-9:00 am The Tone Zone Glenn K.	8:00-9:00 am X-Strength Jane	9:30-10:30 am Spin Cycle Instructor Varies	
8:00-9:00 am Pilates [c] Pat	9:15-10:15 am Spin Cycle Tony	9:15-10:15 am Spin Cycle Pam/Tim	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Yoga [c] Sandi	9:30-10:30 am Zumba Michelle/Lauri	
9:15-10:15 am Spin Cycle Pam/Tim	9:15-10:15 am [c] Chair Yoga Challenge The Heart Chakra - Rhonda	9:15-10:15 am Senior Fit Jane	9:15-10:15 am Spin Cycle Jane	9:15-10:15 am Basic Step & Core 101 Cleat		
9:15-10:15 am Yoga [c] Sandi	10:30 - 11:30 am [c] Beginners-Qigong&Tai Chi Rhonda +++	10:30-11:15 am Intro to Spin Cycle BACK IN APRIL!!	9:15-10:15 am Zumba Michelle	9:15-10:15 am Spin Cycle Tony		
9:15-10:15 am Step into Strength Cleat	10:30-11:30 am The Tone Zone Glenn K.	10:30-11:30 am Tabata & More Cleat	10:30-11:30 am X-Strength Barbara	10:30-11:30 am Senior Fit Cleat		
10:30-11:30 am Senior Fit Glenn K.	1:00-2:00 pm Chair Tai-Chi Drew	11:45-12:45 Tai Chi Chuan Drew ***	11:45-12:45 pm 60-Min Mobility Challenge Glenn B.	1:00-2:00 pm Chair Tai-Chi Drew		
11:45-12:45 pm 60-min Mobility Challenge Glenn B.	4:45-5:45 pm Strength & Stretch Cleat	1:15-2:15 pm Senior Fit Jane	4:45-5:45 pm Circuit Training Jane			
1:15-2:15 pm Senior Fit Barbara		2:30-3:30 pm Yoga Stretch Rhonda				*** Tai Chi Chuan Instructor approval required before entering
4:45-5:45 pm Spin Cycle Tony/Sheri		3:45-4:45 pm Zumba Sly				
		4:45-5:45 pm Spin Cycle Sheri				
	+++ Qigong & Tai chi starts on 2/10/26 Beginners Welcome!					[c] - Class is held in the conference room.
NOTE: SPIN CYCLE Members must sign up for classes. Members can start signing up on MONDAY mornings at 5:00AM for the following week by calling 931-707-8420 opt.1 or stop at the front desk.	NOTICE: FOR SAFETY REASONS PLEASE do not enter classroom if door is closed & "Class is Full" sign has been posted. Thank you for your patience and understanding.	CANCELLED CLASSES: 2/2 - Mon - Step into Strength 2/3 - Tuesday - Chair Yoga Beginner Spin Cycle until April		HAPPY HEART MONTH! JOIN US FOR A CLASS TODAY!		CLASS SCHEDULES ARE SUBJECT TO CHANGE PLEASE CHECK WHITE BOARD AT FRONT ENTRANCE FOR ANY DAILY CHANGES OR UPDATES.