Wellness Complex Fairfield Glade 931-707-8420				Aquatic	Classes	4/1/2024
MONDAY	TUESDAY	WEDNESDAY	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	
Cancelled TBD		Cancelled TBD		Cancelled TBD		
Aquarobics		Aquarobics		Aquarobics		
Gail		Gail		Gail		
	8:00-9:00AM		8:00-9:00AM			Facility Hours:
	BPM		BPM			
	Sindi		Anara			Monday-Friday
9:00-10:00am		9:00-10:00am		9:00-10:00am		5:00am-6:00pm
Waterworks		Waterworks		Waterworks		Saturday
Gloria		Gloria		Gloria	@	7:00am-4:00pm
	1:30-2:30 pm		1:30-2:30 pm			
	Aqua Motion		Aqua Motion			
	Cheryl	+	Cheryl	10000		Notice: Pool area
1:00-2:00 pm		1:00-2:00 pm		1:00-2:00 pm		closes 30 minutes
Ai Chi		Ai Chi		Ai Chi		prior to facility.
Anara		Anara		Anara	<u> </u>	
		CAN	CELLED CLAS	CFC.		
			CELLED CLAS			
			CELLED CLAS			
Class Name	Instructor(s)		RE SUBJECT TO CHANG			
Class Name	Instructor(s)	CLASS SCHEDULES A  Description of clas	RE SUBJECT TO CHANG		combo of deep breat	hing and slow, broa
		CLASS SCHEDULES A  Description of class Balance, Harmony and	RE SUBJECT TO CHANG S d Healing. Water exe	E WITHOUT NOTICE	-	•
	Instructor(s) Anara	Description of class Balance, Harmony and movements. Improve	RE SUBJECT TO CHANG S d Healing. Water exests mobility & strength a	ercise program using a and boost mental alerti	-	•
Class Name		Description of class Balance, Harmony and movements. Improved increases oxygen and	RE SUBJECT TO CHANG  S d Healing. Water exes mobility & strength a caloric consumption.	ercise program using a and boost mental alerti	ness. Relaxes tensio	n, relieves stress ar
		Description of class Balance, Harmony and movements. Improved increases oxygen and Achieve greater flexible.	RE SUBJECT TO CHANG  S d Healing. Water exes mobility & strength a caloric consumption. ility, increased stamin	ercise program using a and boost mental alerti	ness. Relaxes tensio	n, relieves stress ar
ni Chi nqua Motion	Anara Cheryl	Description of class Balance, Harmony and movements. Improves increases oxygen and Achieve greater flexibly joints by moving in and	RE SUBJECT TO CHANG  S d Healing. Water exests mobility & strength a caloric consumption. ility, increased stamined through the water. C	ercise program using a and boost mental alertical, and improved cardical classes are held in the	ness. Relaxes tension vascular function with shallow.	n, relieves stress a
i Chi qua Motion quarobics	Anara Cheryl Gail	Description of class Balance, Harmony and movements. Improve increases oxygen and Achieve greater flexibility joints by moving in and Total body cardio & st	RE SUBJECT TO CHANGE  S d Healing. Water exests mobility & strength a caloric consumption. ility, increased stamined through the water. Corength training using	ercise program using a and boost mental alertical and improved cardical classes are held in the the whole length of the	ness. Relaxes tension vascular function with shallow.	n, relieves stress a
i Chi qua Motion	Anara Cheryl	Description of class Balance, Harmony and movements. Improves increases oxygen and Achieve greater flexibly joints by moving in and	RE SUBJECT TO CHANGE  S d Healing. Water exests mobility & strength a caloric consumption. ility, increased stamined through the water. Corength training using	ercise program using a and boost mental alertical and improved cardical classes are held in the the whole length of the	ness. Relaxes tension vascular function with shallow.	n, relieves stress a