

Wellness Complex Fairfield Glade 931-707-8420				Aquatic Classes		6/1/2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30am-7:30am Aquarobics Gail		6:30am-7:30am Aquarobics Gail		6:30am-7:30am Aquarobics Gail		
	8:00-9:00AM BPM Sindi					Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm Notice: Pool area closes 30 minutes prior to facility.
Cancelled Waterworks Gloria		Cancelled Waterworks Gloria		Cancelled Waterworks Gloria		
	10:30-11:30AM Aqua Motion Cheryl		10:30-11:30AM Aqua Motion Cheryl			

**CANCELLED CLASSES: Aquamotion 6/13 & 6/15, BPM 6/13 & 6/20,
Aquarobics 6/5 - 6/12**

Class Name	Instructor(s)	Description of class
Aqua Motion	Cheryl	Achieve greater flexibility, increased stamina, and improved cardiovascular function with less stress on the joints by moving in and through the water. Classes are held in the shallow.
Aquarobics	Gail	Total body cardio & strength training using the whole length of the pool.
BPM	Sindi	Balance, Posture, Motion - Total body cardio and strength training.
WaterWorks	Gloria	A variety of water exercises to develop strength, cardiovascular endurance and flexibility.