

Wellness Complex Fairfield Glade 931-707-8420				Aerobic Classes		6/1/2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:00-7:00 am 20/20/20 Cleet	8:00-9:00 am Ballet Barre [c] Cathy	6:00-7:00 am 20/20/20 Cleet	8:00-9:00 am Yoga Flow Sindi	8:00-9:00 am X-Strength Patty	8:15-9:15 am Super Saturday!! Jane / Sindi / Cleet	<b>Notice:</b> Class sizes are limited. Please do not enter if "Class is Full" sign has been posted.
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 Spin Cycle Jane / Sindi	
9:15-10:15 am Yoga [c] Sandi	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Piloga [c] Pat	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Step & Sculpt Cleet	9:30-10:30 am Zumba Michelle	<b>Facility Hours:</b>  <b>Monday-Friday</b> 5:00am-6:00pm <b>Saturday</b> 7:00am-4:00pm
9:15-10:15 am Step & Sculpt Cleet	9:15-10:15 am Spin Cycle Sindi	9:15-10:15 am Senior Fit Jane	9:15-10:15 am Spin Cycle Sheri	10:30-11:30 am Senior Fit Cleet		
10:30-11:30 am Senior Fit Jane	9:30-10:30 am X-Strength Patty	10:30-11:30 am Tabata & More Cleet	9:30-10:30 am X-Strength Patty			
11:45-12:45 pm Mobilinics Glenn	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			<b>Notice:</b> Pool area closes 30 minutes prior to facility.
1:30-2:30 pm Senior Fit Sindi		3:30-4:30 pm Zumba Sly	11:00-12:00 pm Mobilinics [c] Glenn			
3:00-4:00 pm Yoga Flow Sindi		5:00-6:00 pm Spin Cycle Jane	2:00-3:15 pm Restorative Yoga [c] Sindi			
5:00-6:00 pm Spin Cycle Sindi						

**NOTE: Restorative Gentle Yoga, Senior Fit, & 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: Pilates 6/8; Barre 6/8 - 6/22; Fit N Fabulous 6/20 & 6/22;  
Restorative Yoga 6/8, 6/15, 6/22; Yoga Flow 6/15, 6/19, 6/22;  
Mobilinics 6/8; Yoga Stretch 6/21; Piloga 6/21; Zumba 6/24**

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