

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

**CANCELLED CLASSES: Barre 5/18; Senior Fit 5/8 & 5/15 1:30 class only; Restorative Yoga 5/11; Yoga Flow 5/15**

**NOTE: Senior Fit - Class will now be limited to 20 & members must sign up. Members can start signing up on Monday mornings at 5:00 am by calling 931-707-8420 opt. 1 or at the front desk.**

**NOTE: Restorative Gentle Yoga - Members must sign up as the class is limited to 11 people. Members can start signing up on Monday mornings at 5:00 am by calling 931-707-8420 opt. 1 or at the front desk.**

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