

Wellness Complex Fairfield Glade 931-707-8420				Aquatic Classes		JULY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30am-7:30 am Aquarobics Gail		6:30am-7:30 am Aquarobics Gail		6:30am-7:30 am Aquarobics Gail		
	8:30-9:30 am Aqua Express Debbie		8:30-9:30 am BPM Anara		8:30-9:30 am Aqua Express Debbie	Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm Notice: Pool area closes 30 minutes prior to facility.
9:00-10:00 am Waterworks Gloria		9:00-10:00 am Waterworks Gloria		9:00-10:00 am Waterworks Gloria		
	10:30-11:30 am Aqua Motion Cheryl		10:30-11:30 am Aqua Motion Cheryl	10:30-11:30 am Aqua Tone Debbie		
1:00-2:00 pm Ai Chi Anara		1:00-2:00 pm Ai Chi Anara				

NOTICE FOR LAP LANE & FREE STYLE SWIMMERS - DUE TO THE NATURE OF THE AI CHI CLASS, THE LAP LANE WILL NOW BE CLOSED DURING THIS CLASS. FREE SWIMMERS CAN STILL USE THE POOL BUT ARE ASKED TO KEEP THE WATERS CALM DURING THIS CLASS. Thank you.

CANCELLED CLASSES:

The Wellness Complex will be closed July 4th & 5th for Independence Day.

CLASS SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

Class Name	Instructor(s)	Description of class
Ai Chi	Anara / Debbie	Balance, Harmony and Healing. Water exercise program using a combo of deep breathing and slow, broad movements. Improves mobility & strength and boost mental alertness. Relaxes tension, relieves stress and increases oxygen and caloric consumption.
Aqua Express	Debbie	A mixed level class combining cardio components & muscle conditioning in one EXPRESS workout. Participants will work Heart to Toes!!
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.
Aqua Tone	Debbie	Improves balance & range of motion. Perform a variety of controlled movements to gain flexibility, strength, & circulation. End this workout with slow breathing & relaxation.
Aquarobics	Gail	Total body cardio & strength training using the whole length of the pool.
BPM	Anara	Balance, Posture, Motion - Total body cardio and strength training.
WaterWorks	Gloria	A variety of water exercises to develop strength, cardiovascular endurance and flexibility.