

| Wellness Complex Fairfield Glade 931-707-8420     |  |  |  | Aerobic Classes                                |   | JULY   |
|---|--|--|--|--|---|--|
| MONDAY  | TUESDAY  | WEDNESDAY                                  | THURSDAY                                     | FRIDAY   | SATURDAY  |  |
| 6:30-7:30 am<br>20/20/20<br>Cleet                 | 8:00-9:00 am<br>Cardio Mash-Up<br>Cathy            | 6:30-7:30 am<br>Butts & Guts<br>Cleet      | 8:00-9:00 am<br>Ballet Barre [c]<br>Cathy    | 6:30-7:30 am<br>Circuit Training<br>Jane       | 8:15-9:15 am<br>Super Saturday!!<br>Instructor Varies   | <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: Pool area closes 30 minutes prior to facility.</b> |
| 8:00-9:00 am<br>X-Strength<br>Cleet               | 9:15-10:15 am<br>Pilates [c]<br>Cathy              | 8:00-9:00 am<br>X-Strength<br>Jane         | 8:00-9:00 am<br>The Tone Zone<br>Glenn K.    | 8:00-9:00 am<br>X-Strength<br>Jane             | 9:30-10:30 am<br><b>Spin Cycle</b><br>Instructor Varies |  |
| 8:00-9:00 am<br>Pilates [c]<br>Pat                | 9:15-10:15 am<br><b>Spin Cycle</b><br>Tony         | 9:15-10:15 am<br><b>Spin Cycle</b><br>Pam  | 9:15-10:15 am<br>Pilates [c]<br>Cathy        | 9:15-10:15 am<br>Yoga [c]<br>Sandi             | 9:30-10:30 am<br>Zumba<br>Michelle / Lauri              |  |
| 9:15-10:15 am<br><b>Spin Cycle</b><br>Pam         | 9:15-10:15 am<br>Chair Yoga<br>Rhonda              | 9:15-10:15 am<br>Senior Fit<br>Jane        | 9:15-10:15 am<br><b>Spin Cycle</b><br>Jane   | 9:15-10:15 am<br>Barbell Blitz<br>Cleet / Jane |   |  |
| 9:15-10:15 am<br>Yoga [c]<br>Sandi                | 10:30-11:30 am<br>The Tone Zone<br>Glenn K.        | 10:30-11:30 am<br>Tabata & More<br>Cleet   | 9:15-10:15 am<br>Zumba<br>Michelle           | 9:15-10:15 am<br><b>Spin Cycle</b><br>Tony     |   | <b>Notice: DO NOT enter classroom if door is closed &amp; "Class is Full" sign has been posted. Please wait until class has ended to enter.</b>                              |
| 9:15-10:15 am<br>Step into Strength<br>Cleet      | 1:00-2:00 pm<br>Chair Tai-Chi<br>Drew              | 11:45-12:45<br>Tai Chi Chuan<br>Drew ***   | 10:30-11:30 am<br>X-Strength<br>Jane         | 10:30-11:30 am<br>Senior Fit<br>Cleet          |   |  |
| 10:30-11:30 am<br>Senior Fit<br>Glenn K.          | 4:45-5:45 pm<br>Strength & Stretch<br>Jane / Cleet | 1:15-2:15 pm<br>Senior Fit<br>Jane         | 11:00-12:00 pm<br>Mobilinics [c]<br>Glenn B. | 11:45-12:45pm<br>Line Dancing<br>Lauri         |   |  |
| 11:45-12:45 pm<br>Mobilinics<br>Glenn B.          |  | 2:30-3:30 pm<br>Yoga Stretch [c]<br>Rhonda | 4:45-5:45 pm<br>Circuit Training<br>Jane     | 1:00-2:00 pm<br>Chair Tai-Chi<br>Drew          |   |  |
| 1:15-2:15 pm<br>Senior Fit<br>Jane                |  | 3:45-4:45 pm<br>Zumba<br>Sly               |  |  |   | <b>*** Tai Chi Chuan Instructor approval required before entering class</b>  |
| 4:45-5:45 pm<br><b>Spin Cycle</b><br>Tony / Sheri |  | 4:45-5:45 pm<br><b>Spin Cycle</b><br>Sheri |  |  |   |  |
|   |  |  |  |  |   | [c] - Class is held in the conference room.  |

**NOTE: Spin Cycle - Members must sign up for classes. Members can start signing up on MONDAY mornings at 5:00 am for the following week by calling 931-707-8420 opt. 1 or at the front desk.**

**CANCELLED CLASSES: The Wellness Complex will be closed July 4th & 5th for Independence Day.  
Circuit 7/3, Spin 7/16 AM, Mobilinics 7/17**

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