

Wellness Complex Fairfield Glade 931-707-8420				Aerobic Classes		3/1/2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY AM	FRIDAY	SATURDAY	Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm Notice: Pool area closes 30 minutes prior to facility.
6:30-7:30 am 20/20/20 Cleet	6:30-7:30 am Cardio Mash-up Cathy	6:30-7:30 am Butts & Guts Cleet	6:30-7:30 am 20/20/20 Pat	6:30-7:30 am Circuit Training Jane	8:15-9:15 am Super Saturday!! Jane / Sindi / Cleet	
8:00-9:00 am X-Strength Pat	8:00-9:00 am Ballet Barre [c] Cathy	8:00-9:00 am X-Strength Sindi	8:00-9:00 am Yoga Flow Sindi	8:00-9:00 am X-Strength Cleet	9:30-10:30 am Spin Cycle Jane / Sindi	
9:15-10:15 am Yoga [c] Sandi	8:00-9:00 am Fusion Pat	9:15-10:15 am Senior Fit Jane	8:00-9:00 am Ballet Barre [c] Cathy	9:15-10:15 am Yoga [c] Sandi	9:30-10:30 am Zumba Michelle / Lauri	
9:15-10:15 am Step & Sculpt Cleet	9:15-10:15 am Pilates [c] Cathy	10:30-11:30 am Tabata & More Cleet	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Step & Sculpt Cleet	10:45-11:45 am Line Dancing Lauri	Notice: Class sizes are limited. Please do not enter if "Class is Full" sign has been posted.
10:30-11:30 am Senior Fit Pat	9:15-10:15 am Spin Cycle Sindi	1:15-2:15 pm Senior Fit Jane	9:15-10:15 am Spin Cycle Sheri	10:30-11:30 am Senior Fit Cleet		
11:45-12:45 pm Mobilinics Glenn	9:30-10:30 am X-Strength Pat	2:30-3:30 pm Yoga Stretch [c] Sandi	9:30-10:30 am X-Strength Jane	1:00-2:00 pm Chair Tai-Chi Drew (3/15/24)		
1:30-2:30 pm Senior Fit Sindi	11:00-12:00 pm Fit N Fabulous Sindi	3:45-4:45 pm Zumba Sly	11:00-12:00 pm Fit N Fabulous Sindi			[c] - Class is held in the conference room.
3:00-4:00 pm Breath Yoga [c] Sindi	1:00-2:00 pm Chair Tai-Chi Drew (3/12/24)	5:00-6:00 pm Spin Cycle Jane	11:00-12:00 pm Mobilinics [c] Glenn			
5:00-6:00 pm Spin Cycle Sindi			12:15-1:15 pm Zumba Michelle			
			2:00-3:15 pm Restorative Yoga [c] Sindi			
			5:00-6:00 pm Circuit Training Jane			
NOTE: Restorative Gentle Yoga & 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: Mobilinics 3/4 & 3/7; Yoga 3/8 & 3/11; Barre 3/26; Line Dancing 3/2						

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