

Wellness Complex Fairfield Glade 931-707-8420				Aquatic Classes		5/1/2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Cancelled TBD Aquaerobics Gail		<b>6:30-7:30 am</b> Aquaerobics Gail		Cancelled TBD Aquaerobics Gail		
	<b>8:00-9:00AM</b> BPM Sindi		<b>8:00-9:00AM</b> BPM Anara			<b>Facility Hours:</b>  <b>Monday-Friday</b> 5:00am-6:00pm <b>Saturday</b> 7:00am-4:00pm  <b>Notice: Pool area</b> <b>closes 30 minutes</b> <b>prior to facility.</b>
<b>9:00-10:00am</b> Waterworks Gloria		<b>9:00-10:00am</b> Waterworks Gloria		<b>9:00-10:00am</b> Waterworks Gloria		
	<b>10:30-11:30 am</b> Aqua Motion Cheryl		<b>10:30-11:30 am</b> Aqua Motion Cheryl			
<b>1:00-2:00 pm</b> Ai Chi Anara		<b>1:00-2:00 pm</b> Ai Chi Anara				

**CANCELLED CLASSES:**

**CLASS SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE**

Class Name	Instructor(s)	Description of class
Ai Chi	Anara	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 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.
Aquaerobics	Gail	Total body cardio & strength training using the whole length of the pool.
BPM	Sindi	Balance, Posture, Motion - Total body cardio and strength training.
WaterWorks	Gloria	A variety of water exercises to develop strength, cardiovascular endurance and flexibility.