

Wellness Complex Fairfield Glade 931-707-8420				Aquatic Classes		11/1/2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30am-7:30am Aquarobics Gail		6:30am-7:30am Aquarobics Gail		6:30am-7:30am Aquarobics Gail		
	8:00-9:00AM BPM Sindi		8:00-9:00AM BPM Anara			Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm Notice: Pool area closes 30 minutes prior to facility.
9:00-10:00am Waterworks Gloria		9:00-10:00am Waterworks Gloria		9:00-10:00am Waterworks Gloria		
	1:30-2:30 pm Aqua Motion Cheryl		1:30-2:30 pm Aqua Motion Cheryl			
12:30-1:30 pm Ai Chi Anara		12:30-1:30 pm Ai Chi Anara		12:30-1:30 pm Ai Chi Anara		

CANCELLED CLASSES:

Wellness Complex is closed 11/23 & there will be NO classes on 11/24 & 11/25.

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. (Classes will start 10/11/23)
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.
Aquarobics	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.