

Wellness Complex Fairfield Glade 931-707-8420				Aerobic Classes		11/1/2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30-7:30 am 20/20/20 Cleat	6:30-7:30 am Fusion Pat	6:30-7:30 am 20/20/20 Cleat	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 / Cleat	<b>Notice:</b> Class sizes are limited. Please do not enter if "Class is Full" sign has been posted.
8:00-9:00 am X-Strength Patty	8:00-9:00 am Ballet Barre [c] Cathy	8:00-9:00 am X-Strength Patty	8:00-9:00 am Yoga Flow Sindi	8:00-9:00 am X-Strength Patty	9:30-10:30 am Spin Cycle Jane / Sindi	
9:15-10:15 am Yoga [c] Sandi	8:00-9:00 am Zumba Michelle	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	<b>Facility Hours:</b>  <b>Monday-Friday</b> 5:00am-6:00pm <b>Saturday</b> 7:00am-4:00pm  <b>Notice:</b> Pool area closes 30 minutes prior to facility.
9:15-10:15 am Step & Sculpt Cleat	9:15-10:15 am Pilates [c] Cathy	10:30-11:30 am Tabata & More Cleat	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Step & Sculpt Cleat	10:45-11:45 am Line Dancing Lauri	
10:30-11:30 am Senior Fit Pat	9:15-10:15 am Spin Cycle Sindi	2:30-3:30 pm Yoga Stretch [c] Sandi	9:15-10:15 am Spin Cycle Sheri	10:30-11:30 am Senior Fit Cleat		
11:45-12:45 pm Mobilinics Glenn	9:30-10:30 am X-Strength Patty	3:45-4:45 pm Zumba Sly	9:30-10:30 am X-Strength Patty			
1:30-2:30 pm Senior Fit Sindi	11:00-12:00 pm Fit N Fabulous Sindi	5:00-6:00 pm Spin Cycle Jane	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			11:00-12:00 pm Mobilinics [c] Glenn			
5:00-6:00 pm Spin Cycle Sindi			12:15-1:15 pm Zumba Michelle			
5:00-6:00 pm Kickboxing Cleat			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: Restorative Yoga 11/2; Zumba 11/2 & 11/22**

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

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