

Wellness Complex Fairfield Glade 931-707-8420				Aerobic Classes		November
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30-7:30 am 20/20/20 Cleet	8:00-9:00 am Cardio Mash-Up Cathy	6:30-7:30 am Butts & Guts Cleet	8:00-9:00 am Ballet Barre [c] Cathy	6:30-7:30 am Circuit Training Jane	8:15-9:15 am Super Saturday!! Instructor Varies	Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm Notice: Pool area closes 30 minutes prior to facility.
8:00-9:00 am X-Strength Cleet	9:15-10:15 am Pilates Cathy	8:00-9:00 am X-Strength Barbara	8:00-9:00 am The Tone Zone Glenn K.	8:00-9:00 am X-Strength Jane	9:30-10:30 am Spin Cycle Instructor Varies	
8:00-9:00 am Pilates [c] Pat	9:15-10:15 am Spin Cycle Tony	9:15-10:15 am Spin Cycle Pam	9:15-10:15 am Pilates [c] Cathy	9:15-10:15 am Yoga [c] Sandi	9:30-10:30 am Zumba Michelle / Lauri	
9:15-10:15 am Spin Cycle Pam	9:15-10:15 am [c] Chair Yoga Challenge Flexibility - Rhonda	9:15-10:15 am Senior Fit Jane	9:15-10:15 am Spin Cycle Jane	9:15-10:15 am Barbell Blitz Cleet / Jane		
9:15-10:15 am Yoga [c] Sandi	10:30-11:30 am The Tone Zone Glenn K.	10:30-11:15 am Intro to Spin Cycle Pam	9:15-10:15 am Zumba Michelle	9:15-10:15 am Spin Cycle Tony		Notice: DO NOT enter classroom if door is closed & "Class is Full" sign has been posted. Please wait until class has ended to enter.
9:15-10:15 am Step into Strength Cleet	1:00-2:00 pm Chair Tai-Chi Drew	10:30-11:30 am Tabata & More Cleet	10:30-11:30 am X-Strength Barbara	10:30-11:30 am Senior Fit Cleet		
10:30-11:30 am Senior Fit Glenn K.	4:45-5:45 pm Strength & Stretch Jane / Cleet	11:45-12:45 Tai Chi Chuan Drew ***	11:45-12:45 pm Mobility Challenge Glenn B.	1:00-2:00 pm Chair Tai-Chi Drew		
11:45-12:45 pm Mobility Challenge Glenn B.		1:15-2:15 pm Senior Fit Jane	4:45-5:45 pm Circuit Training Jane			
1:15-2:15 pm Senior Fit Barbara		2:30-3:30 pm Yoga Stretch Rhonda				*** Tai Chi Chuan Instructor approval required before entering class
4:45-5:45 pm Spin Cycle Tony / Sheri		3:45-4:45 pm Zumba Sly				
		4:45-5:45 pm Spin Cycle 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 11/27/25 for Thanksgiving.
ALSO, there will be NO classes in the afternoon on 11/26/25 (including Tai Chi Chuan, Senior Fit, Yoga Stretch, Zumba, & Spin) OR on 11/28/25. BUT Saturday is a go and Spin will be 90 minutes with Tony.

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