

WELLNESS COMPLEX DECEMBER CLASS SCHEDULE 2020

LAND	TIME	CLASS	INSTRUCTOR
Monday	9:45 AM	Step & Sculpt	Lauri
Monday	11:15 AM	Senior Fit	Lauri
Monday	1:00 PM	Adv. Tai-Chi	Cherry
Tuesday	11:15 AM	Stretch	Lauri
Tuesday	1:00 PM	Chair Tai-Chi	Drew
Wednesday	9:45 AM	Senior Fit	Lauri
Wednesday	11:15 AM	Sculpt	Lauri
Thursday	11:15 AM	Core & More	Lauri
Thursday	2:30 PM	Stretch	Sandy
Friday	7:00 AM	Upper Body & Core	Sally
Friday	8:00 AM	Yoga	Sandy
Friday	10:30 AM	Tabata	Lauri
Friday	1:00 PM	Chair Tai-Chi	Drew
WATER	TIME	CLASS	INSTRUCTOR
Mon & Fri	6:30 AM	Aquarobics	Gail
Mon & Wed	9:15 AM	Waterworks	Gloria
Tues & Thurs	1:30 PM	Aqua Motion	Cheryl
**Classes are 1 hour. Please exit the area as soon as possible when class ends.			
**Members must maintain social distancing of at least 6' at all times in the facility.			
**WATER-Current pool rules and guidelines will remain in effect.			
**LAND-Members must wear a mask at all times inside the facility. When time for class to begin, member may remove the mask during class only and must put it back on before leaving their "spot".			
**LAND-Members must bring their own equipment. Exception: chairs for Tai-Chi.			
**LAND-Class sizes are limited. Member must reserve a spot by calling the facility at 931-707-8420 option 1 the day before.			
**WATER-Members can sign up a week at a time. However, you can only reserve one of each water class. Members can call the day of class to see if any spots are available for that day.			
**Members will NOT be allowed to sign up other members. You must call to reserve your own spot for land and water.			
**LAND-Entry to the aerobics room will be 10 minutes prior to class time. Unless you are using equipment on the exercise floor, you must wait outside the facility until time to enter.			
**LAND-Due to precautionary guidelines, entry to the Aerobics room will NOT be allowed after class has begun. Make sure to arrive on time.			
**WATER-Entry to the pool will be 5 minutes prior to class.			

CLASS DESCRIPTIONS

Core & More - Core & flexibility exercises using light weights & bands.
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Senior Fit - Low impact aerobics using chairs and standing exercises.
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Step & Sculpt - Cardio class using weights and a step.

Stretch - Relaxing total body stretch.

Tabata - Interval training using weights & body weight.
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Tai-Chi - Must have instructor approval prior to attending classes.
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Upper Body & Core using weights
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Yoga - A series of yoga postures, breath control techniques & mental focus.
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Aqua Motion - Total body cardio & strength training.

Aquarobics - Total body cardio & strength training.
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Waterworks - Variety of exercises to develop strength, cardio, & flexibility.
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**Class schedules and safety guidelines are subject to change without notice.
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