

Wellness Complex Fairfield Glade 931-707-8420				Aerobic Classes		10/1/2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
8:00-9:00 am X-Strength Patty	9:30-10:30 am Spin Cycle John	8:00-9:00 am X-Strength Patty	9:30-10:30 am Spin Cycle John	8:00-9:00 am X-Strength Patty	8:15-9:15 am Total Body Jane	Notice: Class sizes are limited. Please do not enter if "Class is Full" sign has been posted.
9:45-10:45 am Step & Sculpt Lauri	9:45-10:45 am Pilates [c] Cathy	9:30-10:30 am Spin Cycle John	9:45-10:45 am Pilates [c] Cathy	9:15-10:15 am Yoga [c] Sandy	9:30-10:30 am Yoga Sandy	
10:30-11:30 am Mobilinics [c] Glenn	9:45-10:45 am X-Strength Patty	9:45-10:45 am Senior Fit Lauri	9:45-10:45 am X-Strength Patty	9:15-10:15 am Line Dancing Lauri	9:30-10:30 am Spin Cycle Jane	Facility Hours: Monday-Friday 5:00am-6:00pm Saturday 7:00am-4:00pm Notice: Pool area closes 30 minutes prior to facility.
11:15-12:15 pm Senior Fit Lauri	11:00-12:00 pm Ballet Barre [c] Cathy	11:15-12:15 pm Sculpt Lauri	11:00-12:00 pm Ballet Barre [c] Cathy	10:30-11:30 am Mobilinics [c] Glenn	10:45-11:45 am Zumba Michelle	
1:00-2:00 pm Adv. Tai-Chi ** Cherry	11:15-12:15 pm Line Dancing Lauri	5:00-6:00 pm Spin Cycle Jane	11:15-12:15 pm Zumba Lauri	10:30-11:30 am Tabata Lauri		
5:00-6:00 pm Spin Cycle John	1:00-2:00 pm Chair Tai-Chi Drew		5:00-6:00 pm Circuit Training Jane	1:00-2:00 pm Chair Tai-Chi Drew		
						[c] - Class is held in the conference room.
						** - Instructor approval required to attend.
ZUMBA NOTICES						
There will not be a class on Saturday, October 9th.						
The Saturday, October 30th class will be Halloween themed. Dress up and come have a spooktacular time.						

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