

Wellness Complex Fairfield Glade 931-707-8420				Aquatic Classes		10/1/2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6:30-7:30 am Aquarobics Gail		6:30-7:30 am Aquarobics Gail		6:30-7:30 am Aquarobics Gail		
	8:00-9:00AM BPM John		8:00-9:00AM BPM John			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		
	9:30-10:30 am Aqua Motion Cheryl		9:30-10:30 am Aqua Motion Cheryl			

Aqua Class Notice

There will not be Aquarobics class Sept 27th - Oct 5th or Oct 26th - Nov 5th.

There will not be an Aqua Motion class on Oct 5th.

Class Name	Instructor(s)	Description of class
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	John	Balance, Posture, Motion - Total body cardio and strength training.
WaterWorks	Gloria	A variety of water exercises to develop strength, cardiovascular endurance and flexibility.