








2022 GROUP EXERCISE SCHEDULE

All CLASSES are offered at an additional cost and are not included in Facility Memberships.

Contact Class instructor for costs

	<p style="text-align: center;">Fit Body (Pam Pierce 931.637.3331)</p>	<p style="text-align: center;">6pm ---- M, TH</p>	<p style="text-align: center;">HIIT Mondays, Wild Card Thursdays, each includes light weight training, cardio, running, floor exercises, and abdominal work taught with a personal trainer style to challenge you</p>
	<p style="text-align: center;"><i>Barre Amped</i> (Cali Feagin 931.224.4958)</p>	<p style="text-align: center;">4:30pm TU weekly 5:30pm 1st TU monthly</p>	<p style="text-align: center;">This is an intermediate cardio barre class. Low impact, light weights, small movements, delayed rest to burn muscles out quickly. Stretching after each muscle group. We work them all every time. Fun music, good for mind body, & soul. Call for price.</p>
	<p style="text-align: center;">Karate (Roe Carter 931.359.3080)</p>	<p style="text-align: center;">5:30-8:30pm ----- M 5:30-8:30pm ---- TH 9-11am ----- Sat</p>	<p style="text-align: center;">USEWF WADO style martial arts training from beginner (white belt) thru highly advanced (black belt)</p>
	<p style="text-align: center;">Silver Sneakers Land (Dee Schultz 931.993.8787)</p>	<p style="text-align: center;">11-12p ---- M, W</p>	<p style="text-align: center;">This class is designed for beginners and those in recovery it works on toning, balance, cardio, and stretching.</p>
	<p style="text-align: center;">Water Aerobics (Dee Schultz 931.993.8787) (Maria VanDeventer)</p>	<p style="text-align: center;">8:30-9:30am – M - F 9:45-10:45am – M - F</p>	<p style="text-align: center;">*All classes include cardio and toning *All Water Aerobic classes are low impact and joint friendly *Class content varies</p>
	<p style="text-align: center;">Fusion Fitness (Danielle Wakham 931.993.2715)</p>	<p style="text-align: center;">8:30-9:30am -- M, W, F</p>	<p style="text-align: center;">This class will boost your mood and fitness level with low intensity, dances suitable for all fitness and dance levels. Dance to different genres of music, including; Latin, top 40, and The Oldies!</p>
	<p style="text-align: center;">Ai Chi LAND (Dee Schultz 931.993.8787)</p>	<p style="text-align: center;">11-11:45am ---- F</p>	<p style="text-align: center;">This is a version of Tai Chi that is Non-impact and will strengthen your BALANCE.</p>

- **DO NOT ENTER AEROBIS ROOM OR CLASS AREA UNTIL THE CURRENT CLASS IS COMPLETELY FINISHED**
 - **Silver Sneakers/Silver n Fit accepted for water aerobics and Ai Chi Land classes**
 - **Please follow the instructor's lead on each class**
 - **Keep conversation to a minimum**
 - **Return all equipment to its proper storage area**