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	MON	TUE	WED	THU	FRI	SAT	
8:30am	 Water 	 Arthritis Water Aerobics Yoga	 Water 	 Arthritis Water Aerobics Yoga	 Water 		
9:00am	Aerobics		Aerobics		Aerobics		
9:45am	 Water		 Water		 Water	 Karate	
10:00am	Aerobics	<i>Senior Aerobics</i>	Aerobics	<i>Senior Aerobics</i>	Aerobics		
11:30am		11-11:40 Gentle Yoga!		11-11:40 Gentle Yoga!			
12pm							
1:30pm							
3:15pm		DANCE!	DANCE!			Cued Ballroom Dancing (2 & 4 Sat of the Month)	
4:30pm							
5:00pm				 Water Aerobics	 Water Aerobics	 Water	
5:30pm							Aerobics
6:00pm	 <i>Karate</i> 			 <i>Karate</i> 	<ul style="list-style-type: none"> • Please follow the instructor's lead on each class. • Please do not enter aerobics room until the current class is completely finished. • Keep Conversation to a minimum • We request that all equipment be returned to the proper storage area • <i>Please see back For Class Descriptions</i> 		
7:00pm	 <i>Karate</i> 			 <i>Karate</i>			
8:00pm	 <i>Karate</i>			 <i>Karate</i>			

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	Fit Body Aerobics <i>(Pam Robinson 931.637.3331)</i>	6-7pm ----- M,T, TH	This is a class material varies but includes light weight training, cardio, running, floor exercises, abdominal work taught with a personal trainer style to challenge you
	Dance <i>(Patty Clark 931.359.7800)</i>	3:30-8pm -----T 3:15-8:30pm ----W 3:30-6pm -----TH	Our dance classes vary from jazz, tap, ballet, hip hop, contact instructor Patty Clark to find the class for you
	Hip Hop Dance <i>(Patty Clark 931.359.7800)</i>	7:30-8pm ----- T 5:30-6pm ----- TH	This dynamic, upbeat class teach hip hop technique and choreography. Dancers develop rhythm, coordination, and self-expression
	Gentle Yoga <i>(Patty Clark 931.359.7800)</i>	11-11:40am ----- T, TH	This is a gentle class that combines yoga postures, breathing, and meditation. This class is geared toward students who wish to move at a slower pace.
	Yoga <i>(Patty Clark 931.359.7800)</i>	7-8pm ----- M	A stretch and balance yoga style
	Karate <i>(Roe Carter 931.359.3080)</i>	6-9pm ----- M 6:30-9pm ----- TH 9-12pm ----- Sat	USEWF style martial arts training from beginner (white belt) thru highly advanced (black belt)
	Senior Aerobics <i>(Patty Clark 931.359.7800)</i>	10-11am ----- T, TH	This class helps your cardio and muscle tone it is for beginners and intermediate students we use light weights for toning
	Silver Sneakers Classic Land Aerobics	11:30-12:30p ----- M, W	This class is designed for beginners and those in recovery it works on toning, balance, cardio, and stretching.
	Silver sneakers Water Aerobics	9:45-10:45 ----- T, TH	A intermediate class geared towards toning, cardio, mobility
	Water Aerobics <i>(Dee Schultz 931.993.8787)</i>	5-6pm ----- T, W, F 8:30-9:30am ----- M, W, F 9:45-10:45am ----- M, W, F	Active/advanced class Intermediate class Beginner class *All classes include cardio and toning
	Zumba Gold <i>(Danielle Wakham 931.993.2715)</i>	8:30-9:30am ----- M, W, F	This a low impact version of Zumba for beginners, active older adults, and pregnant women to work at slower paces
	Cued Ballroom Dancing	1:30-3:30pm -----Sat <i>(2ND AND 4TH Sat of each month ONLY)</i>	Ballroom dances Rumba, Waltz, Fox Trot, many others with moves taught then called out for you to follow
	Arthritis Water Aerobics <i>(Maria VanDeventur)</i>	8:30-9:30am ----- T	This class is designed for those who suffer from arthritis, this class meets ARTHRITIS guidelines for pain management and mobility