

## D.W. Wilson Community Center

\*Prior to starting any exercise program, receive a medical clearance.\*

### Studio

**Cardio Kickboxing** Cardio Kickboxing combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Cardio kickboxing does not involve physical contact between competitors.

**Cardio Sculpt** Cardio Sculpt is a total body workout, incorporating traditional and resistance exercises, designed to maximize fat burning while toning using short bursts of high impact interval training, followed by resistance training.

**Gentle Yoga** The slower pace of this gentle class makes it a great choice if you want a less strenuous approach to your practice. This extremely accessible class is perfect for anyone looking to develop a practice of conscious, mindful movement with some support .

**Latin Fusion Dance** This class is tailored to active older adults who are looking for a easy to follow choreographed dance class at a lower-intensity.

**Silver Sneakers Classic** This fun class incorporates a variety of exercises designed to increase muscular strength, range of movement, balance skills.

**T& T** Low Impact Tabata & Toning class with cardio burst interspersed with a total body strength workout for maximum fitness results. All fitness levels.

**Wacky Wednesday** HIT (High Interval Training) Instructors choice, varies weekly.

**Yoga 101** Caters to beginning students and focuses on alignment and the basics. You'll be surrounded by both brand new and returning practitioners as well as more advanced yogis who want to work on beginning poses.

### Indoor Pool

**Water shoes are highly recommended for all the shallow water exercise classes.**

**Deep Water Exercise** A self guided cardio and muscle toning workout using an aqua jogger belt and/or water dumbbells.

**Forever Fit and Silver Sneakers Splash** A shallow water instructor led workout for seniors and people with disabilities which focuses on joint mobility and muscle strength with increased cardio. Adaptable to various fitness level and ability.

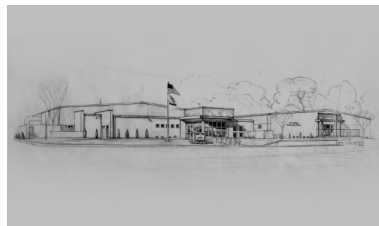
**Lap Swim** Swimming for exercise or training purposes in a continuous manner from one end of the pool to the other.

**Water Walking** A self guided class using several walking variations and exercises in the shallow water. No swimming ability is required.

## Summer 2021 May 24th –August 1st



### D.W. Wilson Community Center



501 North Collins Street  
Tullahoma, TN 37388  
(931) 455-1121

**Hours** Monday-Friday 6:00am-9:00pm  
Saturday 9:00am-5:00pm  
Sunday 12:00pm-5:00pm

### C.D. Stamps Community Center



810 South Jackson Street  
Tullahoma, TN 37388  
(931) 461-1080

**Hours** Monday-Friday 3:30pm-9:00pm  
Saturday 12:00pm-5:00pm  
Sunday 12:00pm-5:00pm

**Single Visit Indoor Activity Fee** \$3.00  
(Weight Room/Indoor Swimming Pool/Fitness Class/Gymnasium)

**Gymnasium Only Access Pass** Residents No Charge

### Indoor Activity Membership Fees:

	Annual	Monthly
<b>Individual Pass (18-62)</b>		
Resident	\$240.00	\$24.00
Non-Resident	\$360.00	\$36.00
<b>Family Pass (up to four members*)</b>		
Resident	\$360.00	\$36.00
Non-Resident	\$540.00	\$54.00
*Each additional family member		
Resident	\$50.00	\$5.00
Non-Resident	\$75.00	\$7.50
<b>Senior Pass (Over 62)</b>		
Resident	\$160.00	\$16.00
Non-Resident	\$240.00	\$24.00
<b>Senior Couple (Either over 62)</b>		
Resident	\$240.00	\$24.00
Non-Resident	\$360.00	\$36.00

### Senior Resident One Activity Pass

Indoor Pool or Weight Room \$90.00  
(Exercise classes are not included.)

