



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 2020

June 22nd-July 28th

D.W. Wilson Community Center



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

Hours Monday-Friday 6:00am-7:00pm
Saturday 9:00am-5:00pm
Sunday 12:00pm-5:00pm

Community Café Hours

Monday-Sunday 11:00am-4:00pm

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

Temporarily Closed

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
Individual Pass (18-62)		
Resident	\$240.00	\$24.00
Non-Resident	\$360.00	\$36.00
Family Pass (up to four members*)		
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
Senior Pass (Over 62)		
Resident	\$160.00	\$16.00
Non-Resident	\$240.00	\$24.00
Senior Couple (Either over 62)		
Resident	\$240.00	\$24.00
Non-Resident	\$360.00	\$36.00

Senior Resident One Activity Pass

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

\$90.00





Summer 2020

June 22nd-July 28th



Indoor Pool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	Noon-2:00pm	6:00am-9:50am 12:10pm-2:00pm 6:00pm-6:45pm	6:00am-9:50am 12:10pm-2:00pm 6:00pm-6:45pm	6:00am-9:50am 12:10pm-2:00pm 6:00pm-6:45pm	6:00am-9:50am 12:10pm-2:00pm 6:00pm-6:45pm	6:00am-9:50am 12:10pm-2:00pm	9:00am-2:00pm
Forever Fit		10:00am-11:00am		10:00am-11:00am		10:00am-11:00am	
Silver Sneakers <i>Splash</i>			10:00am-11:00am		10:00am-11:00am		
Deep Water Exercise <i>*Self Guided Exercise</i>		<i>*10:00am-Noon</i>	<i>*10:00am-Noon *</i>	<i>*10:00am-Noon</i>	<i>*10:00am-Noon</i>	<i>*10:00am-Noon</i>	
Water Walking <i>*Self-guided Exercise</i>		<i>*11:00am-Noon</i>	<i>*11:00am-Noon</i>	<i>*11:00am-Noon *</i>	<i>*11:00am-Noon</i>	<i>*11:00am-Noon</i>	
TSC (Private Club)		4:00pm-6:00pm	4:00pm-6:00pm	4:00pm-6:00pm	4:00pm-6:00pm	4:00pm-5:45pm	

Studio/Gym

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T & T (Tabata & Toning)		8:00am-9:00am		8:00am-9:00am		8:00am-9:00am	
Gentle Yoga			8:00am-9:00am		8:00am-9:00am		
Latin Fusion		9:00am-10:00am		9:00am-10:00am		9:00am-10:00am	
Silver Sneakers <i>Classic</i>		10:00am-11:00am		10:00am-11:00am		10:00am-11:00am	
Yoga 101			9:05m-10:05am		9:05am-10:05am		
Evening Workouts		5:00pm-6:00pm Tabata & Toning	5:00pm-6:00pm Cardio Kickboxing	5:00pm-6:00pm Wacky Wednesday		5:00pm-6:00pm Cardio Sculpt	
Pickleball (Gym)		Noon-3:00pm	Noon-3:00pm	Noon-3:00pm	Noon-3:00pm	Noon-3:00pm	
Fitness Walking (Gym) <i>*Self Guided Exercise</i>		6:00am-8:00am	6:00am-8:00am	6:00am-8:00am	6:00am-8:00am	6:00am-8:00am	