

TAC FITNESS SCHEDULE

JULY/AUGUST 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
	9:15AM** ZUMBA (STANDING) JANET		9:15AM ZUMBA (CHAIR) JANET	
10:00AM CARDIO FIT SS CLASSIC AMY	10:15AM* CARDIO DRUMMING STRENGTH JANET	10:00AM CARDIO FIT SS CLASSIC AMY	10:15AM CARDIO DRUMMING JANET	10:00AM CARDIO FIT SS CLASSIC AMY
		11:00AM AQUA FIT SS SPLASH AMY		
11:00AM CHIAR YOGA SS YOGA AMY	11:15AM GOLDEN BALANCE JANET	11:00AM CHAIR YOGA SS YOGA STEF		11:00AM CHAIR YOGA SS YOGA AMY
		12:00PM MAT YOGA STEF		12:00PM AQUA FIT SS SPLASH AMY
*Ron Brown will be teaching Tuesday Cardio Drumming every other week	**Standing Zumba will be held every other Tuesday			NO FITNESS AUGUST 2ND
AMY	STEF	JANET		