



TAC FITNESS SCHEDULE



JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
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 CHAIR YOGA SS YOGA STEF		11:00AM AQUA FIT SS SPLASH AMY		
11:00AM AQUA FIT SS SPLASH AMY	11:15AM GOLDEN BALANCE JANET	11:00AM CHAIR YOGA SS YOGA STEF	11:15AM GOLDEN BALANCE JANET	11:00AM AQUA FIT SS SPLASH AMY
		12:00PM MAT YOGA STEF		
*Ron Brown will be teaching Tuesday Cardio Drumming every other week	NO CLASS DATES: 1/1-1/3, 1/17, 1/20			
AMY	STEF	JANET		