



TAC FITNESS SCHEDULE



DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
9:00AM AQUA FIT SS SPLASH AMY	9:00AM DANCE AND TONE LAURA	9:00AM AQUA FIT SS SPLASH AMY	9:00AM DANCE AND TONE LAURA	
10:00AM CARDIO FIT SS CLASSIC AMY	10:00AM CARDIO DRUMMING STRENGTH JANET	10:00AM CARDIO FIT SS CLASSIC AMY	10:00AM CARDIO DRUMMING JANET	10:00AM CARDIO FIT SS CLASSIC AMY
	10:00AM AQUA FIT SS SPLASH LAURA		10:00AM AQUA FIT SS SPLASH LAURA	
11:00AM SENIOR YOGA SS YOGA AMY	11:15AM** STRETCH, TONE AND CHILL JANET	11:00AM SENIOR YOGA SS YOGA STEF		11:00AM SENIOR YOGA SS YOGA AMY
12:20PM AQUA FIT SS SPLASH MICHELE	11:40AM AQUA PILATES\YOGA FUSION MICHELE			11:40AM AQUA PILATES\YOGA FUSION MICHELE
	12:40PM AQUA FIT SS SPLASH MICHELE	**Stretch, Tone, and Chill will be held in alternating weeks.	NO CLASS: 12/1, 12/8, 12/25-12/29	12:40PM AQUA FIT SS SPLASH MICHELE
AMY ROCKWELL	MICHELE BAKER	JANET WISE-THOMAS	LAURA PRUDHOMME	STEF GAUDIOSI