



# TAC FITNESS SCHEDULE



## SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>8:00AM</b> STRENGTH AND STRETCH LAURA		<b>8:00AM</b> DANCE AND TONE LAURA	
<b>9:00AM</b> AQUA FIT SS SPLASH AMY	<b>9:00AM</b> DANCE AND TONE LAURA	<b>9:00AM</b> AQUA FIT SS SPLASH AMY	<b>9:00AM</b> STRENGTH AND STRETCH LAURA	
<b>10:00AM</b> CARDIO FIT SS CLASSIC AMY	<b>10:00AM</b> CARDIO DRUMMING STRENGTH JANET	<b>10:00AM</b> CARDIO FIT SS CLASSIC AMY	<b>10:00AM</b> CARDIO DRUMMING JANET	<b>10:00AM</b> CARDIO FIT SS CLASSIC AMY
	<b>10:00AM</b> AQUA FIT SS SPLASH LAURA		<b>10:00AM</b> AQUA FIT SS SPLASH LAURA	
<b>11:00AM</b> SENIOR YOGA SS YOGA AMY	<b>11:15AM</b> STRETCH, TONE AND CHILL JANET	<b>11:00AM</b> SENIOR YOGA SS YOGA GWEN		<b>11:00AM</b> TONE SS TONE AMY
<b>12:20PM</b> AQUA FIT SS SPLASH MICHELE	<b>11:40AM</b> AQUA PILATES\YOGA FUSION MICHELE			<b>11:40AM</b> AQUA PILATES\YOGA FUSION MICHELE
	<b>12:40PM</b> AQUA FIT SS SPLASH MICHELE	**Stretch, Tone, and Chill will be held in alternating weeks.	NO CLASS: September 4th	<b>12:40PM</b> AQUA FIT SS SPLASH MICHELE
AMY ROCKWELL	MICHELE BAKER	JANET WISE-THOMAS	LAURA PRUDHOMME	GWEN ST. ROMAIN