

TAC FITNESS SCHEDULE

OCTOBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30AM AQUA FIT SS SPLASH MICHELE			
10:00AM SENIOR YOGA SS YOGA AMY	10:00AM CARIDIO DRUMMING STRENGTH JANET		10:00AM CARIDIO DRUMMING JANET	10:00AM CARDIO FIT SS CLASSIO AMY
	10:30AM AQUA FIT SS SPLASH MICHELE	10:30AM CARIO FIT SS CLASSIC AMY	10:30AM AQUA PILATES\YOGA FUSION MICHELE	
11:-00AM CARIDIO FIT SS CARDIO AMY	11:15AM ENERCHI DRYLAND/WATER JANET		11:00AM SENIOR YOGA SS YOGA AMY	11:00AM TONE SS TONE AMY
12:15PM AQUA FIT SS SPLASH MICHELE				
AMY ROCKWELL	MICHELE BAKER	JANET WISE-THOMAS		

