



TAC FITNESS SCHEDULE



NOVEMBER

| 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 | | |  | |
| AMY | STEF | JANET | | |