



# TAC FITNESS SCHEDULE



## FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>10:00AM</b> CARDIO FIT SS CLASSIC AMY	<b>10:15AM*</b> CARDIO DRUMMING STRENGTH JANET	<b>10:00AM</b> CARDIO FIT SS CLASSIC AMY	<b>10:15AM</b> CARDIO DRUMMING JANET	<b>10:00AM</b> CARDIO FIT SS CLASSIC AMY
<b>11:00AM</b> CHAIR YOGA SS YOGA STEF		<b>11:00AM</b> AQUA FIT SS SPLASH AMY		
<b>11:00AM</b> AQUA FIT SS SPLASH AMY	<b>11:15AM</b> GOLDEN BALANCE JANET	<b>11:00AM</b> CHAIR YOGA SS YOGA STEF	<b>11:15AM</b> GOLDEN BALANCE JANET	<b>11:00AM</b> AQUA FIT SS SPLASH AMY
		<b>12:00PM</b> MAT YOGA STEF		
*Ron Brown will be teaching Tuesday Cardio Drumming every other week	NO CLASS DATES: 2/6-2/7, 2/13-2/14, 2/19-2/21			
AMY	STEF	JANET		