



TAC FITNESS SCHEDULE



05

MAY

2025

MON	TUE	WED	THU
			1 10:15am Cardio Drumming- Janet 11:15am Golden Balance- Janet
5 11am Chair Yoga- Stef	6 10:15am Cardio Drumming- Ron 11:15am Golden Balance- Janet	7 10am Cardio Fit- Amy 11am Aqua Fit- Amy	8 10:15am Cardio Drumming- Janet 11:15am Golden Balance- Janet
12 10am Cardio Fit- Amy 11am Aqua Fit- Amy	13 10:15am Cardio Drumming- Janet 11:15am Golden Balance- Janet	14 10am Cardio Fit- Amy 11am Aqua Fit- Amy	15 10:15am Cardio Drumming- Janet 11:15am Golden Balance- Janet
19 10am Cardio Fit- Amy 11am Aqua Fit- Amy	20 10:15am Cardio Drumming- Ron	21 10am Cardio Fit- Amy 11am Aqua Fit- Amy 11am Chair Yoga- Stef 12pm May Yoga- Stef	22 10:15am Cardio Drumming- Ron
26	27 10:15am Cardio Drumming- Janet 11:15am Golden Balance- Janet	28 10am Cardio Fit- Amy 11am Aqua Fit- Amy 11am Chair Yoga- Stef 12pm May Yoga- Stef	29 10:15am Cardio Drumming- Janet 11:15am Golden Balance- Janet