February 2026 TAC Fitness

Mon	Tue	Wed	Thu
"You are never too old to set another goal or to dream a new dream." C.S. Lewis			
2 Cardio Fit—9:30AM Aqua Fit– 10:30AM PP	3 Cardio Drumming– 10:00AM EZ Aqua—11:15AM IP	4 Chair Yoga—9:30AM Aqua Fit-10:30AM PP	5 NO CLASSES
9 Cardio Fit—9:30AM Aqua Fit– 10:30AM PP	10 Cardio Drumming– 10:00AM EZ Aqua—11:15AM IP	11 Chair Yoga—9:30AM NO AQUA FIT	12 Cardio Drumming—10:00AM Hydra Aqua-11:00AM IP
16 Cardio Fit—9:30AM Aqua Fit– 10:30AM PP	17 Cardio Drumming– 10:00AM EZ Aqua—11:15AM IP	18 Chair Yoga—9:30AM Aqua Fit-10:30AM PP	19 Cardio Drumming—10:00AM Hydra Aqua-11:00AM IP
23 Cardio Fit—9:30AM Aqua Fit– 10:30AM PP	24 Cardio Drumming– 10:00AM EZ Aqua—11:15AM IP	25 Chair Yoga—9:30AM Aqua Fit-10:30AM PP	26 Cardio Drumming—10:00AM Hydra Aqua-11:00AM IP