



TAC FITNESS SCHEDULE NOVEMBER/DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30AM DEEP AND SHALLOW AQUA FIT CAROL	9:30AM AQUA FIT CAROL	9:30AM DEEP AND SHALLOW AQUA FIT CAROL	9:30AM AQUA FIT CAROL	9:30AM DEEP AND SHALLOW AQUA FIT CAROL
			10:00AM CARDIO DRUMMING JANET <small>available December 2021</small>	10:00AM CARDIO FIT SS CLASSIC AMY
	10:30AM AQUA YOGA / PILATES FUSION CAROL	11:00AM CARDIO FIT SS CLASSIC AMY		
11:00AM SENIOR YOGA SS YOGA AMY			11:00AM SENIOR YOGA SS YOGA AMY	
Carol McGuire	Janet Wise-Thomas	Amy Rockwell		

