



# March 2020



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Total Spin</b> 6:00am Michele		<b>Trackmill</b> 6:00am Sign up with Celia	<b>Total Spin</b> 6:00am Pam	
<b>Swim Work Out</b> 7:00am Paul	<b>Masters Swim</b> 6:00am Paul	<b>Spin</b> 6:00am Michelle	<b>Masters Swim</b> 6:00am Paul	<b>Swim Work Out</b> 7:00am Celia
<b>Total Power</b> 8:00am Kiesha	<b>Total Blitz</b> 7:00am Celia	<b>Swim Work Out</b> 7:00am Celia	<b>Total Blitz</b> 7:00am Celia	<b>Pilates</b> 8:00am Gila
<b>Pilates</b> 9:00am Gila	<b>GHOGA (Chair Yoga)</b> 8:00am Dee	<b>CHOGA (Chair Yoga)</b> 8:00am Maggie	<b>GHOGA (Chair Yoga)</b> 8:00am Dee	<b>Silver Splash</b> 9:00am Celia
<b>Silver Splash</b> 9:00am Forest	<b>Silver Splash</b> 9am Dee	<b>Cardio Kick B0xing</b> 9:00am Kiesha		<b>Total Heart, Body, &amp; Mind</b> 10:00am Celia
<b>Beginner Tai Chi</b> 10:00am Sedgie	<b>Beginner Pilates</b> 9:00am Linda	<b>Aqua Zumba</b> 9:00am Dee	<b>Tai Ji Part 2</b> 9:00am Sedgie & Mariflor	<b>Beginner Tai Chi</b> 11:00am Sedgie
<b>Silver Sneaker Strength &amp; Cardio</b> 11:00am Dee	<b>Pump &amp; Pilates</b> 10:00am Linda	<b>Total Heart, Body &amp; Mind</b> 10:00am Kiesha	<b>Silver Splash</b> 9:00am Dee	<b>Tai Chi Yang Style Long Form</b> 12:00 noon Sedgie
<b>Yoga</b> 12:00 noon Forest	<b>Silver Sneakers Strength &amp; Cardio</b> 11:00am Linda	<b>Silver Sneaker Strength &amp; Cardio</b> 11:00am Dee	<b>Pilates</b> 10:00am Linda	<b>Yoga</b> 1:00pm Forest
	<b>Yoga</b> 12:00 noon Judi	<b>Beginner Yoga</b> 12:00 noon Maggie	<b>Silver Sneakers Strength &amp; Cardio</b> 11:00am Dee	<b>Saturday</b>
<b>Silver Sneaker Strength &amp; Car</b> 1pm Forest		<b>Silver Sneaker Strength &amp; Cardio</b> 1pm Celia	<b>Yoga</b> 12:00 Maggie	<b>Group Run</b> 7:00am Email Celia@TarponTotalFitness.com
	<b>Tai Chi Yang Style 24 Beginners</b> 3:00pm Sedgie	<b>Tai Chi Yang Long Form for Beginners</b> 3:00pm Sedgie		<b>Total Strength Circuit</b> 9:00am Michael
<b>Total Strength Circuit</b> 5:30pm Natalie	<b>Kids Triathlon Training</b> 4:45pm Celia		<b>Kids Triathlon Training</b> 4:45pm Celia	<b>ZUMBA</b> 10:00am Tye
<b>Beach Swim</b> at Fred Howard Park Email Celia@TarponTotalFitness.com 6:00pm	<b>Zumba</b> 6:45pm Paola	<b>Total Strength Circuit</b> 5:30pm Natalie	<b>ZUMBA</b> 6:00pm Tye	<b>Yoga</b> 11:00am Judi
<b>Zumba</b> 6:30pm Tye				
				<b>Sunday</b>
				<b>Sunday Group Run &amp; Ride</b> 8:00am Email Celia@TarponTotalFitness.com

Beach Concert at Sunset Beach 7pm Thursday March 5<sup>th</sup>

Treat yourself! Book a massage, manicure, or get your hair done in our Spa

If external air temp is below 45 degrees, pool is closed. If external air temp is below 55 we conduct Water Aerobics inside Downstairs Group Ex room