



June 8th 2020



Monday	Tuesday	Wednesday	Thursday	Friday
	Masters Swim 7:00am Paul	Swim Work Out 7:00am Celia	Masters Swim 7:00am Paul	Swim Work Out 7:00am Celia
	Pilates 8:00am Linda		Pilates 8:00am Linda	Silver Splash 9:00am Celia
	GHOGA (Chair Yoga) 8:00am Celia		Choga (Chair Yoga) 8:00am Forest	Tai Chi 24 Sedie 9am
Silver Splash 9:00am Dee	Tai Chi Long Form 10am Sedgie		Tai Chi Form 10am Sedgie	Silver Sneakers 11:00am Celia
Tai Chi 24 9:00am Sedgie		Aqua Zumba 9:00am Laura		Yoga 12:00 Celia
Silver Sneaker Strength & Cardio 11:00am Forest	Silver Sneakers Strength & Cardio 11:00am Celia	Tai Chi 24 9:00am Sedgie	Silver Sneakers Strength & Cardio 11:00am Celia	Water Aerobics 1:00 Celia
Yoga 12:00 noon Forest		Silver Sneaker Strength & Cardio 11:00am Laura		
	Water Aerobics 1:00 Forest	Beginner Yoga 12:00 noon Celia	Water Aerobics 1:00pm Dee	Saturday
Water Aerobics 1pm Dee		Water Aerobics 1pm Celia		Group Run 7:00am Email Celia@TarponTotalFitness.com
	Kids Triathlon Training 4:30pm Celia		Kids Triathlon Training 4:30pm Celia	
Beach Swim at Fred Howard Park Email Celia@TarponTotalFitness.com 6:00pm				
				Sunday
				Sunday Group Run & Ride 8:00am Email Celia@TarponTotalFitness.com

Treat yourself! Book a massage, manicure in our Spa