



# January 2021



Monday	Tuesday	Wednesday	Thursday	Friday
Swim WorkOut 7:00am Paul ????	Masters Swim 7:00am Paul	Swim Work Out 7:00am Paul	Masters Swim 7:00am Paul	Swim Work Out 7:00am Paul
	Pilates 9:00am Linda		Pilates 9:00am Linda	Tai Chi Long Form Sedgie 10am
Silver Splash 9:00am Forest	Splash 9am Laura,		Splash 9am Laura	Splash 9am Dee
Tai Chi Long Form 10:00am Sedgie	Tai Chi Long Form 10am Sedgie	Aqua Zumba 9:00am Laura	Tai Chi Long Form 10am Sedgie	Silver Sneakers 11:00am
Silver Sneaker Strength & Cardio 11:00am Forest		Silver Sneaker Strength & Cardio 11:00am Laura		Yoga 12:00
Yoga 12:00 noon Forest		Beginner Yoga 12:00 noon		Water Aerobics 1:00
Water Aerobics 1pm Dee	Water Aerobics 1:00 Dee	Water Aerobics 1pm	Water Aerobics 1:00pm Dee	Saturday
				Group Run 7:00am Email Celia@TarponTotalFitness.com
	Kids Triathlon Training 4:30pm Paul		Kids Triathlon Training 4:30pm Paul	Water Aerobics 9:00am Dee
				Sunday
				Sunday Group Run & Ride 8:00am Email Celia@TarponTotalFitness.com

Struggling? Need accountability, safe direction, and motivation? Then invest in yourself and hire a Professional Trainer

Treat yourself! Book a massage and or manicure in our Spa