



May 2021



Monday	Tuesday	Wednesday	Thursday	Friday
Swim Work Out 7:00am	Masters Swim 7:00am Paul	Swim Work Out 7:00am	Masters Swim 7:00am Paul	Swim Work Out 7:00am
	Pilates 9:00am Linda		Pilates 9:00am Linda	
	Pilates 10:00am Linda		Pilates 10:00am Linda	Tai Chi Long Form Sedgie 10am
Silver Splash 9:00am Forest	Splash 9am Karin	Aqua Zumba 9:00am Laura	Splash 9am Karin	Splash 9am Karen
Tai Chi Long Form 10:00am Sedgie		Tai Chi Long Form 10:00am Sedgie		Silver Sneakers 11:00am Dee
Silver Sneaker Strength & Cardio 11:00am Forest	CHOGA 11:00 am Dee	Silver Sneaker Strength & Cardio 11:00am Laura	CHOGA 11:00 am Dee	Yoga 12
Yoga 12:00 noon Pam		YOGA 12:00 noon Lisa		Water Aerobics 1:00 Dee
Water Aerobics 1pm Dee	Water Aerobics 1:00 Dee	Water Aerobics 1pm Dee	Water Aerobics 1:00pm Dee	Saturday
				Group Run 7:00am Email Celia@TarponTotalFitness.com
	Kids Triathlon Training 4:30pm Karen		Kids Triathlon Training 4:30pm Karen	Water Aerobics 10:00am Dee
Beach Swim 6pm *Please email Celia@TarponTotalFitness.com				
				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