



November 2021



Monday	Tuesday	Wednesday	Thursday	Friday
	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	
Silver Splash 9:00am Karen	Splash 9am Celia,	Silver Splash 9:00am Karen	Splash 9am Celia	Splash 9am Celia
Tai Chi Long Form 10:00am Sedgie		Tai Chi Long Form 10:00am Sedgie		Tai Chi Long Form Sedgie 10am
Silver Sneaker Strength & Cardio 11:00am Dee	CHOGA 11:00 am Dee	Silver Sneaker Strength & Cardio 11:00am Karen	CHOGA 11:00 am Dee	Silver Sneakers 11:00am Celia
Yoga 12:00 noon Becky		YOGA 12:00 noon Lisa		Yoga 12:00 Celia
Water Aerobics 1pm Dee	Water Aerobics 1:00 Dee	Water Aerobics 1pm Celia	Water Aerobics 1:00pm Dee	Water Aerobics 1:00 Celia
				Saturday
				Group Run Team Training program 7:00am Email Celia@TarponTotalFitness.com
	Kids Triathlon Training 4:30pm Celia		Kids Triathlon Training 4:30pm Celia	
Beach Swim 6pm *Please email Celia@TarponTotalFitness.com				Water Aerobics 10:00am Wanda & Dee
				Sunday
				Triathlon Team Training Program 8:00am Email Celia@TarponTotalFitness.com

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