

GROUP EXERCISE SCHEDULE

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
5:00am							
6:00am							
6:30am	Master Swim Gerry	Master Swim Gerry	Master Swim Gerry		Master Swim Gerry		
7:00am				Master Swim Fred Howard Park Gerry		Master Swim Fred Howard Park Gerry	
8:00am							Master Swim Gerry
9:00am	30min Bootcamp 9:00am Selena	Pilates 9:00am Linda	30min Bootcamp 9:00am Selena	Pilates 9:00am Linda	30min Bootcamp 9:00am Selena		
10:00am	Tai Chi 10:00am Sedgie	CHOGA 10:00am Becky	Tai Chi 10:00am Sedgie	CHOGA 10:00am Becky	Tai Chi 10:00am Sedgie		
11:00am	Strength & Cardio 11:00am Karen		Strength & Cardio 11:00am Karen		Strength & Cardio 11:00am Karen		
12:00pm	Yoga 12:00 noon Becky		Yoga 12:00 noon Lisa		Yoga 12:00 noon Becky		
1:00pm	Water Aerobics 1:00pm Karen		Water Aerobics 1:00pm Karen		Water Aerobics 1:00pm Karen		
2:00pm							
3:00pm							
4:00pm							
5:00pm							
5:30pm							
6:00pm							
7:00pm							

Pool *Lap Swim available all day. *Water Aerobics is a Group Exercise Class for all ages and abilities.	Specialty Classes *Not included in Regular Membership. *Email info@tarpontotalfitness.com to sign up and reserve a spot.	Group Exercise Classes *Included in Regular Membership.
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