



July 2018



Monday	Tuesday	Wednesday	Thursday	Friday
Total Spin 6:00am Michele	Total Spin 6:00am Pam	Trackmill 5:30am Sign up with Celia	Total Spin 6:00am Pam	Total Spin 6:00am Juliet
Swim Work Out 7:00am Paul	Masters Swim 6:00am Paul	Spin 6:00am Michelle	Masters Swim 6:00am Paul	Swim Work Out 7:00am Celia
	Total Blitz 7:00am Celia	Swim Work Out 7:00am Celia	Total Blitz 7:00am Celia	
	GHOGA (Chair Yoga) 8:00am Dee	CHOGA (Chair Yoga) 8:00am Dee	GHOGA (Chair Yoga) 8:00am Dee	Run on the Trail 8:15am Celia
Silver Splash 9:00am Laura	Silver Splash 9:00am Dee	Aqua Zumba 9:00am Laura	Tai Ji Part 2 9:00am Sedgie	Silver Splash 9:00am Celia
Beginner Tai Chi 10:00am Sedgie	Pump & Pilates 10:00am Linda	Total Heart, Body & Mind 10:00am Dee	Silver Splash 9:00am Dee	Total Heart, Body, & Mind 10:00am Celia
Silver Sneaker Strength & Cardio 11:00am Laura	Silver Sneakers Strength & Cardio 11:00am Linda	Silver Sneaker Strength & Cardio 11:00am Laura	Pump & Pilates 10:00am Linda	Beginner Tai Chi 11:00am Sedgie
Yoga 12:00 noon Susan	Yoga 12:00 noon Pam	Beginner Yoga 12:00 noon Susan	Silver Sneakers Strength & Cardio 11:00am Dee	Tai Chi Yang Style Long Form 12:00 noon Sedgie
			Yoga 12:00 noon Pam	Saturday
				Group Run 7:00am Email Celia@TarponTotalFitness.com
	Tai Chi Yang Style 24 Beginners 3:00pm Sedgie	Tai Chi Yang Long Form for Beginners 3:00pm Sedgie	Kids Triathlon Training 4:30-5:30pm Celia	Total Strength Circuit 9:00am Robert
Total Strength Circuit 5:30pm Jonathan	Kids Triathlon Training 5:00-6:00pm Celia		ZUMBA 5:30pm Jennifer	ZUMBA 10:00am Asheley
Beach Swim at Fred Howard Park Email Celia@TarponTotalFitness.com 6:00pm	Zumba 6:45pm Paola	Total Strength Circuit 5:30pm Jonathan		
Zumba 6:30pm Paola		ZUMBA 6:30pm Asheley		Intro to Power Lifting Free Weight Room 4:30pm Jonathan
				Sunday
		Yoga For Athletes 7:30pm Ashley		Sunday Group Run & Ride 7:00am Email Celia@TarponTotalFitness.com

Total Fitness is much more than a gym

Beach Concert 1st Thursday of every month 7pm Sunset Beach & First Friday of every month 7pm downtown Tarpon Ave

****Mermaids go to Lunch Last Tuesday monthly ****

Special 4th of July House 5am -2pm No Classes! And no Classes July 5th

Stay Fit Program on Healthy Living Thursday July 26th 11am