



January 2017



Monday	Tuesday	Wednesday	Thursday	Friday
Total Spin 6:00am Michele	Total Spin 6:00am Michele	Trackmill 5:30am Sign up with Celia	Total Spin 6:00am Pam	Total Spin 6:00am Juliet
Swim Work Out 7:00am Tri Club led	Masters Swim 6:00am Paul	Spin 6:00am Michelle	Masters Swim 6:00am Paul	Swim Work Out 7:00am Celia
Therapeutic Yoga 8:00am Ashley	Total Blitz 7:00am Celia	Swim Work Out 7:00am Tri Club led	Total Blitz 7:00am Celia	Swim for Fitness 8:00 am Juliet
Swim for Fitness 8am Juliet	GHOGA (Chair Yoga) 8:00am Dee	CHOGA (Chair Yoga) 8:00 am Dee	GHOGA (Chair Yoga) 8:00am Dee	& Run on the Trail 8:15 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 Krisula	Yoga 12:00 noon Pam	Beginner Yoga 12:00pm	Silver Sneakers Strength & Cardio 11:00am Dee	Tai Chi Yang Style Long Form 12:00pm Sedgie
			Yoga 12:00 noon Pam	
				Saturday
	Tai Chi Yang Style 24 Beginners 3pm Sedgie	Tai Chi Yang Long Form for Beginners 3pm Sedgie	Kids Triathlon Training 4:30-5:30pm Celia	Group Run 7:00am Email Celia@TarponTotalFitness.com
	Kids Triathlon Training 5:00 Celia	Intro to Power Lifting in Free Weight Room 4:00pm Jonathan	ZUMBA 5:30pm Jennifer	
Total Strength Circuit 5:30pm Jonathan		Total Strength Circuit 5:30pm Jonathan		Total Strength Circuit 9:00am Robert
Zumba 6:30pm Paola		ZUMBA 6:30pm Jennifer		Yoga 11:00am
				Sunday
		Hatha Yoga 7:30pm Ashley		Sunday Group Run & Ride 7:00am Email Celia@TarponTotalFitness.com

Total Fitness is much more than a gym

****Mermaids go to Lunch Tuesday January ****

Silver Sneakers Resolution Social January 11th 11:00am