

Program Schedule for August 1-Sept 2, 2022

** All classes are subject to change due to availability of instructor** (updated monthly)

Monday

| | | | |
|-----------------|-----------------|-----------|------|
| BOGA Fit | 8-8:45am | Comp Pool | Lisa |
| Water Mania | 9-9:45am | EP Pool | Lisa |

Tuesday

| | | | |
|--|-------------|------------------------|---------|
| Water Works | 7:30-8:15am | EP Pool | Beth |
| YOGA for Stretch and Strength (no class August 30) | 8:45-9:45am | <i>BancorpSouth RM</i> | Deepika |
| Chair Yoga (no mat) (No class August 30) | 10-11:00am | <i>BancorpSouth RM</i> | Deepika |

Wednesday

| | | | |
|-------------------------|-------------|------------------------|------|
| Water Works | 7:30-8:15am | EP Pool | Beth |
| N2 Deep | 8:45-9:30 | Comp Pool | Lisa |
| Restorative and Vinyasa | 10-11:00 am | <i>BancorpSouth Rm</i> | Mel |

Thursday

| | | | |
|---------------------------------|-----------------|------------------------|---------|
| BOGA Fit | 8-8:45am | Comp Pool | Lisa |
| Water Mania | 9-9:45am | EP Pool | Lisa |
| POWER Yoga (No class August 25) | 8:45-9:45am | <i>BancorpSouth RM</i> | Deepika |

Friday

| | | | |
|-------------------------|-------------|------------------------|------|
| Water Works | 7:30-8:15am | EP Pool | Beth |
| Volley Ball | 8:30-9:15am | EP Pool | |
| Restorative and Vinyasa | 10-11am | <i>BancorpSouth RM</i> | Mel |

Descriptions of Classes:

Water Works: Low to medium impact

BOGA Fit: Pre-register to reserve your mat. Class is cardio based with strength, Pilates, balance and coordination.

N2 Deep: No impact, high cardio, coordination.

Water Mania- High cardio, strengthening muscles, burning fat!

Yoga for Strength and Flexibility will help you regain/retain your strength while achieving flexibility. Bring a mat.

Chair Yoga will help you regain strength and flexibility while in a chair. Not on floor so no mat required.

POWER Yoga-Dynamic version of traditional yoga. More cardio while focusing on strength and flexibility. Bring a mat.

Restorative and Vinyasa-Restoring flexibility as part of long-term wellbeing. Bring a mat.

Volley Ball-group of patrons playing Volley Ball during allotted time. Open to anyone

**TAC welcomes the
returning area High
School teams for their
2022 season.**

**Ingomar
Itawamba
Pontotoc
Saltillo
Tupelo
Tupelo Christian**

Short Course
Season
returns
August 1st

25-yard course
1 mile = 66 lengths
of the pool