**Monday**

**Boga Fit (no class May 29 and June 5) 8-8:45am Comp Pool Lisa**

**Water Mania (no class May 29) 9-9:45am EP Pool Lisa**

**Tuesday**

**Water Works (no class June 6) 7:30-8:15am EP Pool Beth**

**YOGA for Stretch and Strength 8:45-9:45am**  **Cadence Bank RM Deepika**

**Chair Yoga (no mat) 10-11:00am Cadence Bank RM Deepika**

**Wednesday**

**Water Works (no class June 7) 7:30-8:15am EP Pool Beth**

**Thursday**

**Boga Fit (no class June 8) 8-8:45am EP Pool Lisa**

**Water Mania 9-9:45am Comp Pool Lisa**

**POWER Yoga 8:45-9:45am Cadence Bank RM Deepika**

**Friday**

**Water Works (no class June 9) 7:30-8:15am EP Pool Beth**

**Volley Ball (not available June 9) 8:30-9:15am EP Pool**

**Descriptions of Classes:**

**Water Works: Low to medium impact. Flexibility while strengthening muscles.**

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

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

**Group Lessons**

**in**

**EP Pool**

**May 30-June 2 (Tues-Fri) 11-12:30**

**June 12-15 (Mon-Thurs) 11-12:30**

**June 19-22 (Mon-Thurs) 11-12:30**

**June 26-29 (Mon-Thurs) 11-12:30**

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**TAC Recreational Summer Swim League**

Mon. and Wed. @ 5-6pm

4 lanes in EP Pool

(1 lane available in EP pool for patrons)

3 lanes in Comp Pool

(Lanes 1-5 available for patrons)

**Competitions for Summer League**

Thursdays, June 15 and 22 in Comp Pool

5:00-6:00pm

Director’s Cup- June 29

5:00-7:00pm

**Closed May 29 for Memorial Day!!**

**The EP Pool**

**will be closed**

**June 5-12th for repairs and**

**Acid Washing.**

**Sorry for any inconvenience!!!**

**June 5 and 7 at 9-9:45 am.**

Water Mania will be taught at the

CC Augustus Pool (outdoor pool) 1400 North Green Street!

\*\*Weather Permitting\*\*

Wear your sunscreen as there is direct sun over the water!