**Monday**

**Water Mania 8-8:45am**  **EP Pool Lisa**

**Boga Fit 9-9:45am Comp Pool Lisa**

**Tuesday**

**Water Works 7:30-8:15am EP Pool Beth**

**N2 Deep 8:30-9:15am Comp Pool Lisa**

**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 7:30-8:15am EP Pool Beth**

**Chair Yoga (no mat) 8:45-9:30am Cadence Bank RM Diana**

**Aqua Pilates (on BOGA Mats) 9:45-10:45am Comp Pool Diana**

**Aqua Intervals 11-11:45am EP Pool Diana Thursday**

**Water Mania 8-8:45am EP Pool Lisa**

**BOGA Fit 9-9:45am Comp Pool Lisa**

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

**Friday**

**Water Works 7:30-8:15am EP Pool Beth**

**Volley Ball 8:30-9:15am EP Pool**

**Chair Yoga (no mat) 8:45-9:30am Cadence Bank RM Diana**

**Dance Waves 9:45-10:30am EP Pool Diana**

**Splish Splash 12-1:00pm 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!**

**N2 Deep: No impact, high cardio, coordination**

**Aqua Pilates: Pre-register to reserve your BOGA mat. Strengthens your deep core and back, improves balance. No Cardio.**

**Aqua Intervals: 1-2-minute intervals of cardio mixed with strength exercises, followed by tied rest breaks and repeat!**

**Dance Waves: Twist, slide, hustle and cha-cha to some of your favorite tunes. Fun Friday!**

**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.**

***Splish Splash:* ages 5 and under along with an adult age 18 yrs. or older. One child per an adult in water.**

**Area High School Teams**

**Shockwave Aquatic Team**

**Monday, Tuesday and Thursday**

**Saltillo High school 1:30-3pm**

**Tupelo High School 2-3:15pm**

**Shockwave Aquatics 5:30-6;45am 3:15-5:30p**

**Ingomar High School 3:45-5pm**

**TCPS High School 3:30-4:45pm**

**Itawamba High School 5-6:15pm**

**Pontotoc High School 5-6:15pm**

**Wednesday**

**Tupelo High School 2-3:15pm**

**Shockwave Aquatics 3:15-5:15pm**

**TCPS Elementary 4:15-5pm**

**Friday**

**Tupelo High School 2-3:15pm**

**Shockwave Aquatics 3:15-5:15pm**

**Look for available lane usage**

**posted on the yellow stanchions**

**around the Competition Pool**

**during their practice times.**

**EP Pool available for Lap Swimmers**

**during this busy time. However, no**

**lane ropes.**

**Little Ripples**

**TPSD 2nd grade**

**Ep Pool**

**Parkway Sept. 11-14 8:30-10:45**

**Lawhon Sept. 18-21 8:30-10:45**

**Tupelo High School Swim Meets**

**Tuesday, Sept. 5 2pm-un**

**Tuesday, Sept. 12 2pm-un**

**Tuesday, Sept. 19 2pm-un**

**Tuesday, Oct. 3 2pm-un**

**North Comp Pool Lanes 1-8**

**South Comp Pool Lanes 0-7**

**Lanes 8-10 available for TAC Lap Swimmers in South Comp Pool until 6:15pm during THS Tuesday Swim Meets.**

**EP Pool available until 6:15pm.**