**Monday**

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

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

**Tuesday**

**Water Works (no class Nov. 21) 7:30-8:15am EP Pool Beth**

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

**YOGA for Stretch and Strength (no class Nov. 21) 9-10:00am**  **Cadence Bank RM Diana**

**Chair Yoga (no mat) (no class Nov. 21) 10:15-11am Cadence Bank RM Diana**

**Wednesday**

**Water Works (no class Nov. 22) 7:30-8:15am EP Pool Beth**

**Chair Yoga (no mat) (no class Nov. 22) 8:45-9:30am Cadence Bank RM Diana**

**Aqua Pilates (on BOGA Mats) (no class Nov. 22) 9:45-10:45am Comp Pool Diana**

**Aqua Intervals (no class Nov. 22) 11-11:45am EP Pool Diana Thursday**

**Water Mania (no class Nov. 23) 8-8:45am EP Pool Lisa**

**BOGA Fit (no class Nov. 23) 9-9:45am Comp Pool Lisa**

**Yoga for Strength and Stretch (no class Nov. 23) 10-11:00am Cadence Bank RM Diana**

**Friday**

**Water Works (no class Nov. 10, 24) 7:30-8:15am EP Pool Beth**

**Volley Ball (not available Nov. 24) 8:30-9:15am EP Pool**

**Chair Yoga (no mat) (no class Nov. 24) 8:45-9:30am Cadence Bank RM Diana**

**Dance Waves (no class Nov. 24) 9:45-10:30am EP Pool Diana**

**Splish Splash (not available Nov. 24) 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.**

**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 and Thursday**

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

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

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

**Tuesday**

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

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

**Shockwave Aquatics 3:15-5:30pm**

**Wednesday**

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

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

**Friday**

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

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

**Look for available lane usage**

**posted on the yellow A-Frames**

**around the Competition Pool**

**during their practice times.**

**EP Pool available for Lap Swimmers during this busy time if no lanes available in Comp Pool.**

**Time to put something else on besides a swimsuit!**

**Tupelo Aquatic Center’s**

**Luncheon for our members**

**Wednesday, Dec. 6 11:00-12:30**

**Register at the front desk**

**b/n Nov. 6th-30th**

**Holiday Recreational Swim Hours**

**Nov. 20-22 1-5pm**

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**Closures**

**Nov.11 Veterans Day**

**Nov.23-26 Thanksgiving**

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