**Monday**

**Water Mania 8:30-9:15am**  **EP Pool Lisa**

**Boga Fit (Available July 1 only) 9:30-10:15am 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 8:30-9:30** **am Cadence Bank RM Diana**

**Chair Pilates (no mat) 9:45-10:30am Cadence Bank RM Diana**

**Wednesday**

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

**Chair Yoga (no mat) (no class July 17) 8:45-9:30am Cadence Bank RM Diana**

**AB Express (first come, first served) (no class July 17) 9:45am-10:15am Cadence Bank RM Diana**

**Thursday**

**Water Mania 8:30-9:15am EP Pool Lisa**

**Yoga for Strength and Stretch (No class July 18) 8:30-9:30am Cadence Bank RM Diana**

**AB Express (first come, first served) (No class July 18) 9:45-10:15am Cadence Bank RM Diana**

**Friday**

**Dance Waves (no class July 5 and 19) 7:30-8:15am EP Pool Diana**

**AB Express (first come, first served) (no class July 19) 8:30-9:15 Cadence Bank RM Diana**

**Volley Ball (not available July 5 and 19) 8:30-9:15am EP Pool**

**Descriptions of Classes:**

**AB Express- Work those ABS using specialized equipment, 30-minute class, wear non-restrictive clothing.**

**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**

**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 Pilates- Adding Pilates to your Chair Yoga moves.**

**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.**

**MS Swimming LC Championship**

**July 18-21**

**Close @ 2pm on 18**

**Reopen July 22 @ 5:30am**

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**Shockwave Aquatic Team**

**Comp Pool Lanes 6-8**

**Mon., Tues. and Thurs. 5:30-6:30am**

**Lanes 3-7**

**Mon., thru Fri. 7am-10:30am**

**Lanes 1,2 and 8 in the Comp Pool available for TAC Lap Swimmers during Shockwave’s practice time. July 1st, Lane 8 n/a 9:30-10:15.**

**Friday’s, Lane 8 n/a 10-12pm.**

**Area High School Teams**

**Comp Pool**

**\*Fridays\* Lane 8**

**Saltillo 10:00-11am**

**Pontotoc 11:00-12pm**

**Closed Thursday, July 4th and 5th!**

**Enjoy your Holiday!!!**

**Group Lessons**

**EP Pool**

**July 8-11 11-11:45, 11:45-12:30**

**5-5:45pm**

**July 22-25 11-11:45, 11;45-12;30**

**5-5:45pm**