

Program Schedule for the Tupelo Aquatic Center (10/03/2016-10/29/2016)

Monday

Water Works	7:30-8:30am	EP Pool	Beth
Golden Waves	10-11:00 am	EP Pool	Shea/Beth
Pretzel Kids (Yoga for 4-8 yr olds) Bring a Mat	3:45-4:15pm	<i>BancorpSouth</i> RM	Mel
Aquatic Fitness	5:30-6:15pm	EP Pool	Shea
PIYO (bring a mat)	5:30-6:15 pm	<i>BancorpSouth</i> RM	Vicki

Tuesday

Golden Waves	10:15-11am	EP Pool	Vicki
Gentle Yoga (bring a mat)	11:15-12pm	<i>BancorpSouth</i> RM	AB/AL
Splish Splash (12 and under)	11:30-12:30	EP Pool	
Pretzel Kids (7-12 yrs) Bring a Mat	3:30-4:00pm	<i>BancorpSouth</i> RM	Angie
Pretzel Kids (5-12 yrs) Begins Oct 11, 2016)	4-4:30 pm	<i>BancorpSouth</i> RM	Angie
Aqua Zumba	5:45-6:30 pm	EP Pool	Vicki
N2 Deep	6:30-7pm	Competition Pool	Vicki

Wednesday

Water Works	7:30-8:30am	EP Pool	Beth
Splish Splash (12 and under)	4pm-5:30pm	EP Pool	

Thursday

Gentle Yoga (bring a mat)	8:45-9:45am	<i>BancorpSouth</i> RM	AB/AL
Golden Waves	10-11:00am	EP Pool	Vicki
Pretzel Kids (7-12 yrs) Bring a Mat	3:30-4pm	<i>BancorpSouth</i> RM	Angie
Pretzel Kids (5-12yrs) Begins Oct 6, 2016)	4-4:30pm	<i>BancorpSouth</i> RM	Angie
Splish Splash (12 and Under) Begins Sept 8)	11:30-12:30	EP Pool	

Friday

Water Works	7:30-8:30am	EP Pool	Beth
Turbo Kick	8:30-9:15am	<i>BancorpSouth</i> RM	Vicki
Gentle Yoga (bring a mat)	10-11am	<i>BancorpSouth</i> RM	Mel
AQUAVETS (Veterans Only)	1:00-1:45 pm	EP Pool	Vicki

Saturday

Aqua Zumba	8:30-9:15am	EP Pool	Vicki
N2Deep	9:15-10 am	Competition Pool	Vicki

Descriptions of Classes: **Water Works/Golden Waves** (low to medium impact) **Aqua Fitness/Aqua Zumba** (low, medium to high). **Turbo Kick/PIYO/Yoga** is for every ability. **N2 Deep** (high impact).

Pretzel Kids is a Yoga/Stretch Class for Children. **Bring a Mat.**

Splish/Splash is a time allowed for 12 and under children with the appropriate adult to child ratio to use the EP Pool.

Other class information or cancellations: **PIYO** class on Monday, Oct 3, 2016 is cancelled.

Aqua Zumba only on Saturday, Oct 8, 2016 from 10-11:00am.

Aqua Zumba is the only class offered on Oct 15, 2016.

No **Water Works** or **AQUAVETS** classes held on Friday, Oct 28, 2016.

Close at Noon on Friday, Oct 28, 2016.

No classes Oct 22 & Oct 29, 2016.

**** All classes are subject to change and classes cancelled due to lack of participation or instructors****

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