

TSC Fitness

Live in-person classes are happening – indoors and outdoors.

Virtual fitness classes also available:

- 1) WCOT TV - Talgov.com/WCOT Mon, Wed, Fri and Sat @ 9 am (Channel 13 on Comcast)
- 2) On-Demand [Click here.](#)

★ Brain-Body-Balance w/Merisha ★ Mindful Movement w/ Lori Roberts ★ Gentle Yoga w/ Ferdouse ★ Stretch & Flex w/ Robin Perry

Brain Body Balance sponsored by Encompass Health Rehabilitation Hospital of Tallahassee
Mindful Movement sponsored by Capital Health Plan

IN-PERSON FITNESS (TSC)

Class	Day	Time	Instructor	Location	Staff contact
Brain-Body-Balance (Mostly seated for brain/body)	Mon	1:00 pm	Merisha	Auditorium	Judy.Shipman@talgov.com
Life Exercise (Aerobic, balance, strength)	Tue/Thu	9:00 am	Pomeroy	Auditorium	Ruth.Nickens@talgov.com
Mindful Movement (Mostly seated movement & music)	Tue	11:00 am	Lori	Auditorium	Judy.Shipman@talgov.com
Gentle Yoga (Chair and mat, gentle for all)	Tue	1:00 pm	Ferdouse	Act Rm	Sarah.Vernon@talgov.com
Evening Yoga	Wed	5:30 pm	Pam Hunter	Auditorium	Ruth.Nickens@talgov.com

IN-PERSON FITNESS (OUTREACH SITES)

Class	Day	Time	Instructor	Location	Staff contact
NEW! Ageless Mind & Body (Movement, play, brain health)	Thu	1:00 pm	Amanda	The Grove in Canopy	Ruth.Nickens@talgov.com
Brain-Body-Balance	Tue/Thu	9:00 am	Wendy/Ferdouse	Optimist Park	Wendy.Barber@talgov.com
Brain-Body-Balance	Tue	10:45 am	Wendy	SouthWood	Wendy.Barber@talgov.com
Senior Fitness	Tue/Fri	9:30 am	Ferdouse	NE Library	Sarah.Vernon@talgov.com
Sr Fitness Beginner (pre-reg)	Tue/Fri	10:30 am	Llona	NE Library	Sarah.Vernon@talgov.com
Sr Fitness Advanced (pre-reg)	Tue/Fri	11:30 am	Llona	NE Library	Sarah.Vernon@talgov.com
Yoga for Women (pre-reg)	Mon Wed	2:30 pm 4:15 pm	Ferdouse	NE Library	Sarah.Vernon@talgov.com
Sit & Fit	Tue/Thu	9:30 am	Judy	Chaires	Sarah.Vernon@talgov.com
Sr Fitness	Mon/Wed/Fri	8:30 am	Judy	Chaires	Sarah.Vernon@talgov.com
Sr Fitness	Mon/Wed	10:30 am	Wendy	Ft. Braden	Sarah.Vernon@talgov.com
Beginner Yoga	Wed	2:00 pm	Lori	Lake Jackson	Sarah.Vernon@talgov.com
Mindful Movement	Thu	1:00 pm	Lori	Lake Jackson	Sarah.Vernon@talgov.com
Sr Fitness	Tue/Thu	11:15 am	Judy	Miccosukee	Sarah.Vernon@talgov.com
Sr Fitness	Mon/Wed	9:30 am	Llona	Woodville	Sarah.Vernon@talgov.com

OUTDOOR FITNESS

Class	Day	Time	Instructor	Location	Staff contact
Monthly Hiking (fitness, fun, stress reduction)	3 rd Wed	10:00 am	Volunteer	TBD	Ruth.nickens@talgov.com