



WATER AEROBICS

AUGUST 1-AUGUST 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING AQUABLAST WITH FRIENDS Kelly 7:15 - 8:00 am		MORNING AQUABLAST WITH FRIENDS Kelly 7:15 - 8:00 am		
POOL PARTY Keelyn 8:00 - 8:45 am	MID-TEMPO AQUA BEATS Lynn 8:30 - 9:30 am	POOL PARTY Keelyn 8:00 - 8:45 am	MID-TEMPO AQUA BEATS Lynn 8:30 - 9:30 am	MID-TEMPO AQUA BEATS Lynn 8:30 - 9:30 am	SPLASH JAM Dorothy/Tina 8:00 - 9:00 am
TONE AND STRETCH Jean 9:00 - 10:00 am	AQUA ABS & ARMS Lynn 9:30 - 10:30 am	POOL PARTY Keelyn 9:00 - 9:45 am	AQUA ABS & ARMS Lynn 9:30 - 10:30 am		
AQUA FIT Lenore 10:45- 11:45 am	AQUA FIT Lenore 10:45- 11:45 am	TONE AND STRETCH Jean 10:00- 11:00 am		AQUA FIT Lenore 10:00- 11:00 am	
		AQUA FIT Jean 11:00 am-12:00 pm	WALK & WARM-UP Cindy 12:30- 1:00 pm	AQUA FIT Jean 11:00 am-12:00 pm	
	SPLASH AND CHAT Cindy 1:00- 2:00 pm		SPLASH AND CHAT Cindy 1:00- 2:00 pm		
SPLASH JAM Tina 6:00- 7:00 pm	POOL PARTY Keelyn 6:00- 7:00 pm	SPLASH JAM Tina 6:00- 7:00 pm			