



WATER AEROBICS

JULY 1 – JULY 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		
WATER AEROBICS Carla 8:15 – 9:00 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 – 1:45 pm		SPLASH AND CHAT Cindy 1:00 – 1:45 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			