

# WATER AEROBICS

OCTOBER 1–OCTOBER 31

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