

Aquatic Fitness Classes

JUNE 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:45 am Deep Water/Karen	8:30-9:45am Liquid Cardio/Robin	9:00-9:45 am Deep Water/Teri	8:30-9:45 am Liquid Cardio/pool	9:00-9:45 am Deep Water/Teri	8:00-8:55 am Aqua-Motion/Teri ***
PLEASE NOTE - NO CLASSES MAY 25TH MEMORIAL DAY	10:00-10:55 am Arthritis Aqua/Teri		10:00-10:55 am Arthritis Aqua/Teri		
11:00-11:55 am Aqua-Motion/Karen		11:00-11:55 am Silver Sneakers Silver Splash/Teri		11:00-11:55 am Aqua-Motion/Teri	
	4:30-5:25 pm Aqua-Explosion/Amy		4:30-5:25 pm Aqua-Explosion/Amy		
7:45-8:40 pm Aqua-Motion/Teri		7:45-8:40 pm Aqua-Motion/Teri			***Please Note: Child Watch is not open during these classes