

# Water Exercise for June 1-Aug 14, 2010

PCY

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:20 am		Splash Water Park Jane		Splash Water Park Jane	<b><u>No classes</u></b> <b><u>June 4</u></b>
8:30-9:20 am	Water Pilates Waterpark-Karen	Water Park Jane	Water Pilates Waterpark-Karen	Water Park Jane	Aqua Jog Water Park Mary
10:00-10:50 am		Deep Water Indoor Pool Jane		Deep Water Indoor Pool Jane	
11:05-11:55 am	Water Workout Waterpark Cathy	Arthritis Waterpark Cathy	Water Workout Waterpark Cathy	Arthritis Waterpark Mary	Water Workout Waterpark Cathy
7:30-8:20 pm	**Splash Water park Tonya/Mary?		**Deep Water Indoor Pool Jane		

\*\* note if no one shows by the first 15 min of class, class will be canceled.

Karen has several days she will missy  
& then we will have Strength & Balance Class -Mar