

Water Aerobic Schedule

June 15 – July 30, 2009

Class	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Arthritis Therapy</i>	Kim 915-1000 AM	X	Kim 915-1000 AM	X	Susan 1000-1045 AM
<i>H2O Body Sculpt</i>	Kim 1000-1045 AM	Susan 915-1000 AM	X	Susan 915-1000 AM	Susan 915-1000 AM
<i>Deep H2O Aerobics</i>	Susan 915-1000 AM	X	Kim 1000-1045 AM	X	Carol 1000-1045 AM
<i>Mid-Day Energizer</i>	X	Peggy 1100-1145 AM	X	Peggy 1100-1145 AM	X
<i>Move and Groove</i>	Virginia 1045-1115 AM	X	Virginia 1045-1115 AM	X	Virginia 1045-1115 AM
<i>Positive Changes</i>	Virginia 1115-1200 PM	X	Virginia 1115-1200 PM	X	Virginia 1115-1200 PM
<i>Lunch Bunch</i>	Carol 1200-1230 PM	X	Carol 1200-1230 PM	X	Carol 1200-1230 PM
<i>Shallow H2O Aerobics</i>	Peggy 515-600PM Jackie 700-745 PM	Jackie 700-745 PM	Peggy 515-600PM Tanya 700-745 PM	Tanya 700-745 PM	X
<i>Deep H2O Aerobics</i>	Jackie 600-645 PM		Tanya 600-645 PM		X
<i>Boot Camp</i>	X	Susan 600-645 PM	X	Susan 600-645 PM	X
<i>Pre-Natal</i>	X	Peggy 600-645 PM	X	Peggy 600-645 PM	X