

Water Exercise



NEW CLASS SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>8:30am -9:30am</u> Water Exercise STAFF	<u>8:30am -9:30am</u> Water Exercise JAN	<u>7:30am-8:15am</u> Deep Water Class SARAH	<u>8:30am -9:30am</u> Water Exercise JAN	<u>7:30am-8:15am</u> Deep Water Class DEANNA
	<u>9:45am-10:45am</u> Water Exercise JAN	<u>8:30am -9:30am</u> Water Exercise SARAH	<u>9:45am-10:45am</u> Aqua Zumba LAURA	<u>8:30am -9:30am</u> Water Exercise DEANNA
<u>6:00pm-6:45pm</u> Deep Water Class JAN	<u>6:00pm-7:00pm</u> Aqua Zumba LAURA Week 1& 3 Water Exercise KIM Week 2& 4		<u>6:00pm-7:00pm</u> Water Exercise KIM	



<u>SATURDAY</u>	<u>SUNDAY</u>
<u>9:00am-10:00 am</u> Aqua Zumba LAURA	<u>9:00am-10:00 am</u> Water Exercise REAGAN

BEGINS NOV. 30TH!

