

Aqua Aerobics Schedule

8/30/2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM NANCY	10:00 AM JESSICA	10:00 AM LORI H	10:00 AM LISA	10:00 AM LORI K	9:00 AM SHEREE
5:30 PM DEBBIE	5:30 PM SHEREE		5:30 PM JOSIE		

Group Cycling Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM LORI H	6:00 AM LORI H	6:00 AM CARRIE	6:00 AM LORI H	6:00 AM CARRIE		
9:00 AM BETH	9:00 AM BETH	9:00 AM LORI H	9:00 AM LISA	9:00 AM LORI K	9:00 AM LORI F	
6:00 PM DAVE		6:00 PM LORI F	6:00 PM BOB	5:00 PM DAVE	10:00 AM BOB	10:00 AM KATHY/BETH
7:00 PM DANIEL	6:00 PM BILL	7:00 PM TIM				

- Arrive 10 minutes early for your first class so the instructor can properly set you up.
- Bring water, a towel, and headphones.