



# Water Exercise

## Group Exercise Class Instructor Substitutes

MV  
July

7/9-15

DATE	DAY	TIME	CLASS	INSTRUCTOR
July 10	Tuesday	7am	Aqua Balance	Karen H
July 10	Tuesday	8:05am	Aqua Strength	MaryAnn
July 10	Tuesday	9am	Aqua Fit	Melissa
July 11	Wednesday	8:05am	Aqua Fit	Karen H
July 11	Wednesday	9am	Aqua Strength	KL
July 12	Thursday	7am	Aqua Balance/Mind Body	Laura

7/16-22

DATE	DAY	TIME	CLASS	INSTRUCTOR

7/23-29

DATE	DAY	TIME	CLASS	INSTRUCTOR
July 25 <sup>th</sup>	Wednesday	805am	Aqua Fit	Nanette
July 25 <sup>th</sup>	Wednesday	8:40am	Deep water Strength	KL