



Water Exercise

Group Exercise Class Instructor Substitutes

MV

September

9/3-9/9

DATE	DAY	TIME	CLASS	INSTRUCTOR
Sept. 4 th	Tuesday	9am	Aqua Fit	Sharon
Sept. 4 th	Tuesday	10am	Arthritis	Sharon
Sept. 4 th	Tuesday	10:50am	Hydro Healing	Marcella
Sept. 4 th	Tuesday	5:45pm	Deep Aqua Interval	Sharon
Sept. 4 th	Tuesday	6:45pm	Aqua Fit	Marcella
Sept. 5 th	Wednesday	6:30am	Aqua Interval	Sharon
Sept 6 th	Thursday	9am	Aqua Fit	Sharon
Sept. 7	Friday	8:05am	Aqua Fit	Marcella

9/10-9/16

DATE	DAY	TIME	CLASS	INSTRUCTOR
Sept. 10	Monday	5:45pm	Deep Aqua Interval	Sharon
Sept 10	Monday	6:45pm	Aqua fit	Sharon
Sept. 11	Tuesday	9am	Aqua Fit	Sharon
Sept. 11	Tuesday	10am	Arthritis	TBD
Sept 11	Tuesday	10:50am	Hydro Healing	TBD
Sept 11	Tuesday	5:45pm	Deep Aqua Interval	Sharon
Sept 11	Tuesday	6:45pm	Aqua fit	Sharon
Sept 12	Wednesday	6:30am	Aqua Interval	Sharon
Sept 12	Wednesday	8:05	Aqua Fit	TBD
Sept 12	Wednesday	5:45pm	Deep Aqua Interval	Paula
Sept 13	Thursday	9am	Aqua Fit	TBD
Sept 14	Friday	8:40am	Deep Aqua Strength	Marion