



Water Exercise

Group Exercise Class Instructor Substitutes

MV

October/November

10/29-11-4

DATE	DAY	TIME	CLASS	INSTRUCTOR
10/30	Tuesday	10am	Arthritis	Laura
10/30	Tuesday	10:50am	Hydro Healing	Sharon
10/30	Tuesday	5:45pm	Deep Aqua Interval	Sharon
10/30	Tuesday	6:45pm	Aqua Fit	Sharon
10/31	Wednesday	10am	Arthritis	Lloyd
10/31	Wednesday	10:50am	Arthritis	Lloyd
11/2	Friday	8:05am	Aqua Fit	Karen H
11/2	Friday	1050am	Arthritis	Laura

11/5-11

DATE	DAY	TIME	CLASS	INSTRUCTOR
11/5	Monday	10am	Arthritis	Sharon
11/5	Monday	10:50am	Arthritis	Sharon
11/7	Wednesday	10am	Arthritis	Lloyd
11/7	Wednesday	10:50am	Arthritis	Lloyd
11/9	Friday	8:05am	Aqua Fit	Karen H
11/9	Friday	10:50am	Arthritis	Laura