



## Water Exercise

### Group Exercise Class Instructor Substitutes

MV

November

11/5-11

<b>DATE</b>	<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
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
11/8	Thursday	5:45pm	Deep Aqua Interval	Sharon
11/9	Friday	8:05am	Aqua Fit	Karen H
11/9	Friday	10:50am	Arthritis	Laura

11/12-18

<b>DATE</b>	<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>
11/12	Monday	10am	Arthritis	Sharon
11/12	Monday	10:50am	Arthritis	Sharon
11/14	Wednesday	10am	Arthritis	Sharon
11/14	Wednesday	10:50am	Arthritis	Sharon
11/16	Friday	9am	Aqua Strength	Carla
11/16	Friday	10:00am	Arthritis	Sharon
11/16	Friday	10:50am	Arthritis	Laura