



Water Exercise

Group Exercise Class Instructor Substitutes

MV

August

8/6-12

DATE	DAY	TIME	CLASS	INSTRUCTOR
Aug 8	Wednesday	6:30am	Aqua Interval	Paula
Aug 8	Wednesday	8:05am	Aqua Fit	Nanette
Aug 8	Wednesday	9am	Aqua Strength	Nanette
Aug 8	Wednesday	8:40am	Deep Aqua Strength	KL
Aug 10	Friday	9am	Aqua Strength	Carla

8/13-19

DATE	DAY	TIME	CLASS	INSTRUCTOR
Aug 13	Monday	6:30am	Aqua Interval	Nanette
Aug 13	Monday	8:40am	Aqua Interval	Barb
Aug 15	Wednesday	6:30am	Aqua Interval	Cece