



Water Exercise

Group Exercise Class Instructor Substitutes

MV

August

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

8/20-26

DATE	DAY	TIME	CLASS	INSTRUCTOR
Aug 22	Wednesday	6:30am	Aqua Interval	Cece
Aug 22	Wednesday	8:05am	Aqua Fit	Karen H