



Water Exercise

Group Exercise Class Instructor Substitutes

MV

October

10/8-14

DATE	DAY	TIME	CLASS	INSTRUCTOR
10/8	Monday	5:45pm	Deep Aqua Interval	Sharon
10/9	Tuesday	10am	Arthritis	Laura
10/9	Tuesday	10:50am	Hydro Healing	Sharon
10/9	Tuesday	5:45pm	Deep Aqua Interval	Sharon
10/9	Tuesday	6:45pm	Aqua fit	Sharon
10/10	Wednesday	6:30am	Aqua Interval	Sharon
10/10	Wednesday	5:45pm	Deep Aqua Interval	Paula
10/12	Friday	8:05am	Aqua Fit	Karen H
10/12	Friday	10:50am	Arthritis	Lloyd

10/15-21

DATE	DAY	TIME	CLASS	INSTRUCTOR
10/15	Monday	6:30am	Aqua Interval	Sharon
10/16	Tuesday	10am	Arthritis	Laura
10/16	Tuesday	10:50am	Hydro Healing	Sharon
10/16	Tuesday	5:45pm	Deep Aqua Interval	Sharon
10/16	Tuesday	6:45pm	Aqua fit	Sharon