

August SPIN SCHEDULE

	M	T	W	Th	F	Sat
5:00 AM	Rogerick		Rogerick		David	8:15 AM Instructor Rotation
6:00 AM		Robbie		Casey/ Joey		
8:45 AM	Angie		Kaitlyn		Angie	
4:30 PM	Lindsay					
5:30 PM	Emily	Owenne	Amy			

August AQUA SCHEDULE

	M	T	W	Th	F	Sat	Sun
6:00 AM		Deep Water Running Nancy D		Deep Water Running Nancy D		9:30 AM Aqua Fit Instructor Rotation	2:00 PM Deep Water Running Jennifer
8:15 AM		Deep Water Running Rob		Deep Water Running Rob			
8:30 AM	Deep Water Running Amy						
9:15 AM		Deep Water Running Rob		Deep Water Running Rob			
9:30 AM	Aqua Fit Amy		Aqua Fit Julia		Deep Water Running Amy		
10:30 AM	Aqua Sculpt Julia	Aqua Fit Julia	Aqua Fit Julia		Arthritic Water Julia		
6:00 PM	Deep Water Running Jennifer		Aqua Zumba Stefanie/ Saana <i>New class!</i>	Deep Water Running Jennifer			

