

January AQUA FITNESS SCHEDULE

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

8:30AM Amy Deep Water Running	8:15AM Jodie Deep Water Running		8:15AM Jodie Deep Water Running		9:30AM Aqua Fit Rotation	2:00 Jennifer Deep Water Running
9:30AM Amy Aqua Fit	9:15AM Jodie Deep Water Running	9:30AM Julia Aqua Fit	9:15AM Jodie Deep Water Running	9:30AM Joanne Aqua Zumba		
10:30AM Julia Aqua Sculpt	10:30AM Julia Aqua Fit	10:30AM Julia Aqua Fit		10:30AM Julia Arthritic Water		
		4:45PM Teresa Aqua Fit				
6:00PM Jennifer Deep Water Running		6:00 Jennifer Deep Water Running				