

JULY SPIN SCHEDULE

*Please note the new times on Tuesday and Thursday mornings.

	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	Lacey	Amy				

JULY BARRE SCHEDULE

8:45 A.M. Monday, Tuesday, Wednesday & Friday

9:45 A.M. Fridays only

JULY 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			Deep Water Running Jennifer				

