

# May SPIN SCHEDULE

|         | M        | T      | W        | Th             | F     |  | Sat                                   |
|---------|----------|--------|----------|----------------|-------|--|---------------------------------------|
| 5:00 AM | Rogerick | Robbie | Rogerick | Casey/<br>Joey | David |  | <b>8:15 AM</b><br>Instructor Rotation |
| 8:45 AM | Angie    |        | Kaitlyn  |                | Angie |  |                                       |
| 4:30 PM | Lindsay  |        |          |                |       |  |                                       |
| 5:30 PM | Emily    | Lacey  | Amy      |                |       |  |                                       |

# May BARRE SCHEDULE

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

9:45 A.M. Fridays only

# May AQUA SCHEDULE

|          | M                              | T                             | W                 | Th                             | F                         |  | Sat                                        | Sun                                       |
|----------|--------------------------------|-------------------------------|-------------------|--------------------------------|---------------------------|--|--------------------------------------------|-------------------------------------------|
| 6:00 AM  |                                | Deep Water Running<br>Nancy D |                   | Deep Water Running<br>Nancy D  |                           |  | 9:30 AM<br>Aqua Fit<br>Instructor Rotation | 2:00 PM<br>Deep Water Running<br>Jennifer |
| 8:15 AM  |                                | Deep Water Running<br>Rob     |                   | Deep Water Running<br>Rob      |                           |  |                                            |                                           |
| 8:30 AM  | Deep Water Running<br>Amy      |                               |                   |                                |                           |  |                                            |                                           |
| 9:15 AM  |                                | Deep Water Running<br>Rob     |                   | Deep Water Running<br>Rob      |                           |  |                                            |                                           |
| 9:30 AM  | Aqua Fit<br>Amy                |                               | Aqua Fit<br>Julia |                                | Deep Water Running<br>Amy |  |                                            |                                           |
| 10:30 AM | Aqua Sculpt<br>Julia           | Aqua Fit<br>Julia             | Aqua Fit<br>Julia |                                | Arthritic Water<br>Julia  |  |                                            |                                           |
| 6:00 PM  | Deep Water Running<br>Jennifer |                               |                   | Deep Water Running<br>Jennifer |                           |  |                                            |                                           |