

February SPIN SCHEDULE

	M	T	W	Th	F	Sat
5:00 AM	Rogerick		Rogerick		David	8:15 AM Instructor Rotation
8:45 AM	Angie		Kaitlyn		Angie	
12:00		Circuit Spin 30 Amy *child watch open		Circuit Spin 30 Cammie *child watch open		
4:30 PM	Owenne					
5:30 PM	Owenne	Owenne	Amy	Owenne		

February AQUA SCHEDULE

	M	T	W	Th	F	Sat	Sun
6:00 AM	Aqua Fit Jennifer					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 Amy						
9:15 AM		Deep Water Running Rob		Deep Water Running Rob			
9:30 AM	Aqua Fit Amy		Aqua Fit Julia		Deep Water Amy		
10:30 AM	Aqua Sculpt Julia	Aqua Fit Julia	Aqua Fit Julia		Arthrit ic Water Julia		
5:45 pm (new time)	Deep water Running Jennnifer			Deep water Running Jennnifer			

