

January **SPIN** SCHEDULE

	M	T	W	Th	F	Sat
5:00 AM	Rogerick		Rogerick		David	8:30 AM Instructor Rotation
8:45 AM	Angie		Kaitlyn		Angie	
4:30 PM	Owenne			Owenne		
5:30 PM	Lee		Lee			

January **AQUA** SCHEDULE

	M	T	W	Th	F	Sat	Sun
8:30 AM	DWR Amy	DWR Rob	DWR Amy	DWR Rob		9:30 AM Aqua Rotation <i>Instructor Rotation</i>	2:00 PM DWR Jennifer
9:30 AM	Aqua Fit Amy	DWR Rob		DWR Rob	Aqua Fit Amy		
10:30 AM			Aqua Fit Julia		Arthritic Water Julia		
5:45 pm	Aqua Fit Jennifer			DWR Jennifer			

December **BARRE** SCHEDULE

Tuesdays in the Group EX Room **6AM**

Thursdays in the Barre Room **6AM**

*limited to 8 participants in the Barre Room