

November **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			

November **AQUA** SCHEDULE

	M	T	W	Th	F	Sat	Sun
8:15 AM		DWR Rob		DWR Rob		9:30 AM Aqua Rotation <i>Instructor Rotation</i>	2:00 PM DWR Jennifer
8:30 AM	DWR Amy						
9:15 AM		DWR Rob		DWR Rob			
9:30 AM	Aqua Fit Amy				DWR Amy		
10:30 AM			Aqua Fit Julia		Arthritic Water Julia		
5:45 pm	Aqua Fit Jennifer			DWR Jennifer			

November **BARRE** SCHEDULE

Tuesdays & Thursdays 6AM

*limited to 8 participants

