

September 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	
12:00						
4:30 PM	Owenne			Owenne		
5:30 PM	Lee		Lee			

September AQUA SCHEDULE

	M	T	W	Th	F	Sat	Sun
						9:30 AM Aqua Rotation 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				Deep Water Running Amy		
10:30 AM			Aqua Fit Julia (new class)		Arthritic Water Julia		
5:45 pm	Aqua Fit Jennifer			Deep Water Running Jennifer (new class)			

