

# Water Aerobics Schedule

## SEPTEMBER 2010

### 8-15-10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – LB “Deep Water Running” 6:30-7:30pm – LB “Water Aerobics”	2 6:30-7:30 am –SG “Advanced Mobility Class” 5:45-6:30pm – LB “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”	3 5:30-6:30pm Lindsay “Deep Water Running”	4 No Class
5 No Class	6 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – CP “Deep Water Running” 6:30-7:30pm – CP “Water Aerobics”	7 6:30-7:30 am –SG “Advanced Mobility Class” 5:45-6:30pm - LB “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”	8 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – LB “Deep Water Running” 6:30-7:30pm – LB “Water Aerobics”	9 6:30-7:30 am –SG “Advanced Mobility Class” 5:45-6:30pm - LB “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”	10 5:30-6:30pm Clara “Deep Water Running”	11 8:45-9:30am Shawna “Water Zumba” 10:00-11:00am Clara “Deep Water Running”
12 No Class	13 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – CP “Deep Water Running” 6:30-7:30pm – CP “Water Aerobics”	14 6:30-7:30 am –SG “Advanced Mobility Class” 5:45-6:30pm - ES “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”	15 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – ES “Deep Water Running” 6:30-7:30pm – LB “Water Aerobics”	16 6:30-7:30 am –SG “Advanced Mobility Class” 5:45-6:30pm - ES “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”	17 5:30-6:30pm Emily “Deep Water Running”	18 No Class
19 No Class	20 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – CP “Deep Water Running” 6:30-7:30pm – CP “Water Aerobics”	21 6:30-7:30 am – SG “Advanced Mobility Class” 5:45-6:30pm - LB “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”	22 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – LB “Deep Water Running” 6:30-7:30pm – LB “Water Aerobics”	23 6:30-7:30 am – SG “Advanced Mobility Class” 5:45-6:30pm - LB “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”	24 5:30-6:30pm Lindsay “Deep Water Running”	25 8:45-9:30am Shawna “Water Zumba” 10:00-11:00am Clara “Deep Water Running”
26 No Class	27 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – CP “Deep Water Running” 6:30-7:30pm – CP “Water Aerobics”	28 6:30-7:30 am –SG “Advanced Mobility Class” 5:45-6:30pm - LB “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”	29 11:00am-12:00pm – CP “Mobility Class” 5:45-6:30pm – LB “Deep Water Running” 6:30-7:30pm – LB “Water Aerobics”	30 6:30-7:30 am – SG “Advanced Mobility Class” 5:45-6:30pm - LB “Deep Water Running” 6:30-7:30pm – MA “Water Aerobics”		

LB – Lindsay Beery; MA – Maxine Arbogast; SG – Stephen Gutshall; CP – Courtney Parker, ES – Emily Squires, CL – Chelsea Ludwick