

# Water Aerobics Schedule

February 2012

1-15-12

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

LB – Lindsay Beery; MA – Maxine Arbogast; SG – Stephen Gutshall; ES – Emily Squires, HH – Heather Hazucha, MS – Melissa Shallenberger