

AQUATICS CLASS SCHEDULE – JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1/1 HAPPY NEW YEAR CLOSED	1/2 9:00AM Aqua Tone Gayle 9:45AM H2O Cardio Gayle	1/3 9:00AM Aquacise Joanne 9:45AM Deep Water Joanne ----- 1:30PM Aquacise Joanne (60 mins) 7:30PM Aqua Tone Jill	1/4 9:00AM Aqua Motion Melanie ----- 1:30PM Senior Shake Up Melissa (60 mins)	1/5 8:15AM Water Fitness Bekah
7 8:00AM H2OStride Gayle 9:00AM H2O Bootcamp Melanie	8 9:00AM SilverSneakers™ Splash Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aqua Move Melissa 7:30PM Aquacise Joanne	9 9:00AM Aqua Tone Gayle 9:45AM H2O Cardio Gayle	10 9:00AM Aquacise Joanne 9:45AM Deep Water Joanne ----- 1:30PM Aquacise Joanne (60 mins) 7:30PM Aqua Tone Jill	11 9:00AM Aqua ZUMBA™ Judi ----- 1:00PM Senior Shake Up Melissa (60 mins)	12 8:15AM Water Fitness Joanne
14 8:00AM H2OStride Gayle 9:00AM Aqua ZUMBA™ Judi	15 9:00AM SilverSneakers™ Splash Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aqua Move Melissa 7:30PM Aquacise Joanne	16 9:00AM Aqua Tone Gayle 9:45AM H2O Cardio Gayle	17 9:00AM Aquacise Joanne 9:45AM Deep Water Joanne ----- 1:30PM Aquacise Joanne (60 mins) 7:30PM Aqua Tone Jill	18 9:00AM Aqua ZUMBA™ Judi ----- 1:00PM Senior Shake Up Melissa (60 mins)	19 8:15AM Water Fitness Bekah
21 8:00AM H2OStride Gayle 9:00AM H2O Bootcamp Melanie	22 9:00AM SilverSneakers™ Splash Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aqua Move Melissa 7:30PM Aquacise Joanne	23 9:00AM Aqua Tone Gayle 9:45AM H2O Cardio Gayle	24 9:00AM Aquacise Joanne 9:45AM Deep Water Joanne ----- 1:30PM Aquacise Joanne (60 mins) 7:30PM Aqua Tone Jill	25 9:00AM Aqua ZUMBA™ Judi ----- 1:00PM Senior Shake Up Melissa (60 mins)	26 8:15AM Water Fitness Joanne
28 8:00AM H2OStride Gayle 9:00AM Aqua ZUMBA™ Judi	29 9:00AM SilverSneakers™ Splash Gayle 9:45AM Deep Water Gayle ----- 1:30PM Aqua Move Melissa 7:30PM Aquacise Joanne	30 9:00AM Aqua Tone Gayle 9:45AM H2O Cardio Gayle	31 9:00AM Aquacise Joanne 9:45AM Deep Water Joanne ----- 1:30PM Aquacise Joanne (60 mins) 7:30PM Aqua Tone Jill	**All classes are 45 minutes unless otherwise noted**	