


**AQUATICS CLASS SCHEDULE – MARCH 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p align="center">Open House March 4<sup>th</sup></p> <p align="center">Bring a Friend for FREE and check out all the Sunbury Y has to offer</p> <p align="center">**All classes are 45 minutes – unless otherwise noted**</p>			<p align="right">3/1</p> <p>9:00AM Aqua Move Gayle</p> <p>-----</p> <p>1:30PM Senior Shake Up Melissa (60 mins)</p>	<p align="right">3/2</p> <p align="center">8:15AM Water Fitness Joanne</p>
<p align="right">4</p> <p>8:00AM H2OStride Gayle 9:00AM H2O BootCamp Melissa</p>	<p align="right">5</p> <p>9:00AM SilverSneakers™ Splash Gayle</p> <p>9:45AM Deep Water Gayle</p> <p>-----</p> <p>1:30PM Aqua Move Melissa</p> <p>7:30PM Aquacise Joanne</p>	<p align="right">6</p> <p>9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle</p>	<p align="right">7</p> <p>9:00AM Aquacise Joanne 9:45AM Deep Water Joanne</p> <p>-----</p> <p>1:30PM Aquacise Joanne (60 mins)</p> <p>7:30PM Aqua Tone Jill</p>	<p align="right">8</p> <p>9:00AM Aqua Move Melissa</p> <p>-----</p> <p>1:00PM Senior Shake Up Melissa (60 mins)</p>	<p align="right">9</p> <p align="center">8:15AM H2O Cardio Bekah</p>
<p align="right">11</p> <p>8:00AM H2OStride Gayle 9:00AM H2O BootCamp Melissa</p>	<p align="right">12</p> <p>9:00AM SilverSneakers™ Splash Gayle</p> <p>9:45AM Deep Water Gayle</p> <p>-----</p> <p>1:30PM Aqua Move Melissa</p> <p>7:30PM Aquacise Joanne</p>	<p align="right">13</p> <p>9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle</p>	<p align="right">14</p> <p>9:00AM Aquacise Joanne 9:45AM Deep Water Joanne</p> <p>-----</p> <p>1:30PM Aquacise Joanne (60 mins)</p> <p>7:30PM Aqua Tone Jill</p>	<p align="right">15</p> <p>9:00AM Aqua Move Gayle</p> <p>-----</p> <p>1:00PM Senior Shake Up Melissa (60 mins)</p>	<p align="right">16</p> <p align="center">8:15AM Water Fitness Joanne</p>
<p align="right">18</p> <p>8:00AM H2OStride Gayle 9:00AM H2O Bootcamp Melissa</p>	<p align="right">19</p> <p>9:00AM SilverSneakers™ Splash Gayle</p> <p>9:45AM Deep Water Gayle</p> <p>-----</p> <p>1:30PM Aqua Move Melissa</p> <p>7:30PM Aquacise Joanne</p>	<p align="right">20</p> <p>9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle</p>	<p align="right">21</p> <p>9:00AM Aquacise Joanne 9:45AM Deep Water Joanne</p> <p>-----</p> <p>1:30PM Aquacise Joanne (60 mins)</p> <p>7:30PM Aqua Tone Jill</p>	<p align="right">22</p> <p>9:00AM Aqua Move Melissa</p> <p>-----</p> <p>1:00PM Senior Shake Up Melissa (60 mins)</p>	<p align="right">23</p> <p align="center">8:15AM Water Fitness Melissa</p>
<p align="right">25</p> <p>8:00AM H2OStride Gayle 9:00AM H2O Bootcamp Melissa</p>	<p align="right">26</p> <p>9:00AM SilverSneakers™ Splash Gayle</p> <p>9:45AM Deep Water Gayle</p> <p>-----</p> <p>1:30PM Aqua Move Melissa</p> <p>7:30PM Aquacise Joanne</p>	<p align="right">27</p> <p>9:00AM Aqua Tone Gayle 9:45AM SilverSneakers™ Splash Gayle</p>	<p align="right">28</p> <p>9:00AM Aquacise Joanne 9:45AM Deep Water Joanne</p> <p>-----</p> <p>1:30PM Aquacise Joanne (60 mins)</p> <p>7:30PM Aqua Tone Jill</p>	<p align="right">29</p> <p>9:00AM Aqua Move Melissa</p> <p>-----</p> <p>1:00PM Senior Shake Up Melissa (60 mins)</p>	<p align="right">30</p> <p align="center">8:15AM Water Fitness Joanne</p>