

# July

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Water Aerobics</b> 8:30 - 9:15 (Candace)				<b>Water Aerobics</b> 8:30 - 9:15 (Candace)
<b>PWR!</b> 9:30 - 10:00 (Melissa)		<b>Balance Basics</b> 9:00 - 9:30 (Melissa)		
<b>Water Aerobics</b> 10:00 - 10:45 (Morgan)	<b>Water Aerobics</b> 10:00 - 10:45 (Melissa)	<b>Aqua Cycling</b> 10:00 - 10:45 (Morgan)	<b>Water Aerobics</b> 10:00 - 10:45 (Melissa)	<b>Water Aerobics</b> 10:00 - 10:45 (Morgan)
<b>Senior Fit</b> 2:00 - 2:45 (Morgan)		<b>Senior Fit</b> 2:00 - 2:45 (Morgan)		<b>Senior Fit</b> 2:00 - 2:45 (Morgan)
	<b>Aqua FIT</b> 4:30 - 5:15 (Morgan)	<b>Aqua Noodle</b> 4:30 - 5:15 (Katie)		
	<b>Yoga</b> 5:00 - 5:45 (Candice)		<b>Yoga</b> 5:30 - 6:15 (kristiena)	
<b>Aqua Mix</b> 5:15 - 6:00 (Katie)	<b>FIT</b> 5:45 - 6:30 (Katie)	<b>Body Blast</b> 5:30 - 6:00 (Staci)	<b>Aqua Mix</b> 5:15 - 6:00 (Katie)	

Blue = Pool Red = Basic Membership Yellow = Registration Required