




Water Aerobics March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 9:40 Water Aerobics Beverly 7:00 Aqua T&S Tess	2 9:40 TCY Michelle 7:00 Water Aerobics Paty	3 9:40 Water Aerobics Beth	4 8:30 TCY Paty 9:30 Aqua T&S Amy 7:00 Water Aerobics Beverly	5 9:40 Water Aerobics Michelle	6 8:30 Aqua T&S Amy 9:30 Water Aerobics Michelle	
7	8 9:40 Water Aerobics Michelle 7:00 Aqua T&S Tess	9 9:40 TCY Michelle 7:00 Water Aerobics Paty	10 9:40 Water Aerobics Kate	11 8:30 TCY Paty 9:30 Aqua T&S Amy 7:00 Water Aerobics Mindy	12 9:40 Water Aerobics Lydia 	13 8:30 Aqua T&S Tess 9:30 Water Aerobics Paty	
14 	15 9:40 Water Aerobics Beverly 7:00 Aqua T&S Tess	16 9:40 TCY Michelle 7:00 Water Aerobics Mindy	17 9:40 Water Aerobics Michelle	18 8:30 TCY Paty 9:30 Aqua T&S Amy 7:00 Water Aerobics Stacey	19 9:40 Water Aerobics Kate	20 9:30 Water Aerobics Mindy	
21	22 9:40 Water Aerobics Ellery 7:00 Aqua T&S Tess	23 9:40 TCY Michelle 7:00 Aqua Zumba Erin	24 9:40 Water Aerobics Lydia	25 8:30 TCY Paty 9:30 Aqua T&S Amy 7:00 Water Aerobics Mindy	26 9:40 Water Aerobics Beth	27 8:30 Aqua T&S Tess 9:30 Water Aerobics Beverly	
28	29 9:40 Water Aerobics Ellery 7:00 Aqua T&S Tess	30 9:40 TCY Michelle 7:00 Aqua Zumba Erin	31 9:40 Water Aerobics Beth 	NEW – Aqua Zumba This workshop is the "pool party" workout for all ages. Instructors learn how to teach safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines.			
				NEW - Aqua Tread & Shed This class is a lap swimming style, interval based class. Rather than swimming for distance, participants will swim for varying lengths of time and at varying intensity levels. Great work out for all levels of swimming ability. Bring your goggles and be ready for a great boredom busting pool workout.			