

WEEKLY CLASS REGISTRATION FORM

DEEP WATER



***YOU CAN ONLY REGISTER ONE WEEK AT A TIME. CIRCLE YOUR CLASS ON THE LIST

RED AREAS MUST BE FILLED OUT OR WILL BE THROWN AWAY

IF YOU CAN DO WATER CLASSES IN DEEP WATER CHECK THE BOX OR YOU MAY NOT GET INTO A CLASS IF SHALLOW IS FULL

NAME: _____

PHONE: _____

PLEASE FILL IN THE CORRECT DATES

TODAYS DATE: _____

TIME IN: _____

PLEASE CIRCLE ONE:
SILVER SNEAKERS
OR REGULAR

DOES NOT GUARANTEE YOU A SPOT.

MON	TUE	WED	THU	FRI	SAT
HIIT STEP -dawn – 8:30	YOGA -paul – 6:00	HIIT STEP -dawn – 8:30	INTERM. PICKLEBALL – 8:30	CYCLING -dawn – 8:30	OPEN PICKLEBALL – 8:00
SS CIRCUIT – dawn-9:45	ZUMBA -maureen – 9:30	S.S. CLASSIC -dawn – 9:45	SILVER SPLASH (<u>EASY</u>) - jane – 9:00	S.S. YOGA -dawn – 9:45	CYCLING -joni – 8:30
ADV. PICKLEBALL – 12:00	PRAISE KICKS -tammy – 9:30	DRUMS ALIVE -dawn – 10:45	H2O (<u>MED</u>) -jane – 10:15	H2O HIGH INTENSITY (<u>HARD</u>) -jane – 10:00	BOOT CAMP (<u>VARIOUS</u>) -jane – 8:30
SILVER SPLASH (<u>EASY</u>) - jane – 11:00	OPEN PICKLEBALL – 10:30	PRAISE WAVES -tammy – 10:30	CYCLING -liz – 4:45	OPEN PICKLEBALL – 10:45	BUTTS & GUTS -joni – 9:45
DEEP WATER (<u>MED</u>) -jane – 11:50	DEEP WATER -tammy – 10:30	SHALLOW WATER - tammy – 11:15	POUND! -denise – 6:00		ZUMBA -lynda – 11:00
CYCLING -dawn – 4:45	SHALLOW WATER - tammy – 11:15	CYCLING -joni – 6:00	YOGA -paul – 6:00	REGISTRATIONS ARE REQUIRED FOR: SELF CYCLING, INDIVIDUAL/FAMILY EXERCISE, SAT. LAP SWIM AND ALL FAMILY SWIM TIMES. HOWEVER – YOU MUST SPEAK TO DESK STAFF DIRECTLY TO REGISTER FOR THOSE.	
ZUMBA -heather – 6:00	KETTLE BELL -dawn – 4:45	BUTTS & GUTS -joni – 7:15	MUSCLE CONDITIONING (<u>HARD</u>) -jane – 6:15		
AQUA ZUMBA -heather – 7:00	CYCLING -joni – 6:00		T&T (cardio toning) -denise – 7:00		
	BUTTS & GUTS -joni – 7:15				

MON	TUE	WED	THU	FRI	SAT
HIIT STEP -dawn – 8:30	YOGA -paul – 6:00	HIIT STEP -dawn – 8:30	INTERM. PICKLEBALL – 8:30	CYCLING -dawn – 8:30	OPEN PICKLEBALL – 8:00
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CYCLING -dawn – 4:45	SHALLOW WATER - tammy – 11:15	CYCLING -joni – 6:00	YOGA -paul – 6:00	SHALLOW WATER - tammy – 11:15	CYCLING -dawn – 4:45
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AQUA ZUMBA -heather – 7:00	CYCLING -joni – 6:00		T&T (cardio toning) -denise – 7:00	AQUA ZUMBA -heather – 7:00	
	BUTTS & GUTS -joni – 7:15			BUTTS & GUTS -joni – 7:15	

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