

# WEEKLY CLASS REGISTRATION FORM

DEEP WATER



\*\*\*YOU CAN ONLY REGISTER FOR THE NEXT 7 DAYS.. 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

<b>NAME:</b> _____  <b>PHONE:</b> _____ PLEASE FILL IN THE CORRECT DATES on the day lines below	<b>TODAYS DATE:</b> _____  <b>TIME IN:</b> _____  DOES NOT GUARANTEE YOU A SPOT.	<b>PLEASE CIRCLE ONE:</b> SILVER SNEAKERS OR REGULAR This helps us determine what kind of classes to focus on in the future
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MON _____	TUE _____	WED _____	THU _____	FRI _____	SAT _____
Step up to the plates -dawn – 8:30	YOGA -paul – 6:00	STEP/BALL COMBO - dawn – 8:30	SILVER SPLASH -jane – 9:00	CYCLING -dawn – 8:30	CYCLING -joni – 8:30
SS Circuit – dawn-945	FUNCTIONAL FITNESS – gail – 9:00	S.S. CLASSIC -dawn – 9:45	FUNCTIONAL FITNESS – gail – 9:00	S.S. YOGA -dawn – 9:45	CARDIO H2O -jane – 8:30
Hatha Yoga -pam-10:00	SHALLOW AEROBICS - bobi – 9:00	DRUMS ALIVE -dawn – 10:45	ZUMBA -maureen – 10:10	H2O HIGH INTENSITY - jane – 10:00	BUTTS & GUTS -joni – 9:40
S.S. Yoga -dawn – 10:45	SHALLOW & DEEP AEROBICS -bobi – 9:50	Water with Judi/Amy – 11:00	HATHA YOGA-pam-1015	Tai Chi – ken – 10:45 (10-7-22)	
Silver Splash -jane – 11:00	ZUMBA -maureen – 10:10	CYCLING -joni – 6:00	H2O -jane – 10:15		
Deep&shallow Water -jane – 12:00	Strength in Numbers – dawn – 4:45	BUTTS & GUTS -joni – 7:10	CYCLING -dawn – 4:45		
Boot Camp -denise – 4:15	CYCLING -joni – 6:00		POUND! -denise – 6:00		
Cycling -dawn – 4:45	BUTTS & GUTS -joni – 7:10		YOGA -paul – 6:00		
TRX -denise – 5:00			CARDIO H2O -jane – 6:15		
Zumba -heather – 6:00			T&T (cardio toning) - denise – 7:00		
Water Aerobics – Bobbi – 5:45					
Aqua Zumba -heather – 7:00					

YOU CAN ONLY REGISTER FOR 1 OF JANES CLASSES ON MONDAY AND THURSDAY. YOU WILL HAVE TO CALL IN 24-HR IN ADVANCE TO SEE IF THE SECOND CLASS IS AVAILABLE. If you circle both, you will be put in the first available.

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