

|          | <b>MONDAY</b><br>9/14 – 12/7<br>11 sessions<br>Skip Days:<br>9/21,11/23<br>*Make-up Days:<br>12/14,12/21 | <b>TUESDAY</b><br>9/15 – 12/8<br>12 sessions<br>Skip Days:<br>11/24<br>*Make-up Days:<br>12/15,12/22 | <b>WEDNESDAY</b><br>9/16 – 12/9<br>12 sessions<br>Skip Days:<br>11/25<br>*Make-up Days:<br>12/16,12/23 | <b>THURSDAY</b><br>9/17 – 12/3<br>12 sessions<br>Skip Days:<br>11/26<br>*Make-up Days:<br>12/10,12/17 | <b>FRIDAY</b><br>9/18 – 12/4<br>12 sessions<br>Skip Days:<br>11/27<br>*Make-up Days:<br>12/11,12/18 | <b>SATURDAY</b><br><b>9/19-10/31</b><br>7 sessions<br>Skip Days:<br>11/7<br>*Make-up Days:<br>11/14,11/21 | <b>SUNDAY</b><br>9/13-12/6<br>11 sessions<br>Skip Days:<br>11/8,11/29<br>*Make-up Days:<br>12/13,12/20 |
|----------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 6:30 am  |                                                                                                          |                                                                                                      | Deep Water Run<br>R01008-119<br>Betty                                                                  |                                                                                                       | Deep Water Run<br>R01008-120<br>Betty                                                               |                                                                                                           |                                                                                                        |
| 8:30 am  |                                                                                                          | Deep Water Run<br>R01008-112<br>Beth                                                                 |                                                                                                        |                                                                                                       |                                                                                                     |                                                                                                           |                                                                                                        |
| 9:00 am  | Water Exercise<br>R01011-102<br>Cheryl                                                                   |                                                                                                      | Water Exercise<br>R01011-103<br>Beth                                                                   | Deep Water Run<br>R01008-115<br>Beth                                                                  | Water Exercise<br>R01011-104<br>Cheryl                                                              | Deep Water Run<br>R01008-129<br>Starts 9:05<br>Shannon                                                    | Aqua Cardio Dance<br>R01003-101<br>Starts 9:05<br>Michelle                                             |
| 9:30 am  |                                                                                                          | Water Aerobics<br>R01010-102<br>Beth                                                                 |                                                                                                        |                                                                                                       |                                                                                                     |                                                                                                           |                                                                                                        |
| 10:00 am | Aqua Lite<br>R01005-103<br>Cheryl                                                                        |                                                                                                      | Aqua Lite<br>R01005-104<br>Beth                                                                        | Water Aerobics<br>R01010-103<br>Sharron                                                               | Aqua Lite<br>R01005-105<br>Cheryl                                                                   |                                                                                                           |                                                                                                        |
| 10:30 am |                                                                                                          | Deep Water Run<br>R01008-113<br>Beth                                                                 |                                                                                                        |                                                                                                       |                                                                                                     |                                                                                                           |                                                                                                        |
| 11:00 am | Deep Water Run<br>R01008-128<br>Betty                                                                    |                                                                                                      |                                                                                                        | Deep Water Run<br>R01008-116<br>Sharron                                                               |                                                                                                     |                                                                                                           |                                                                                                        |
| 6:20 pm  |                                                                                                          |                                                                                                      |                                                                                                        |                                                                                                       | Deep Water Run<br>R01008-118<br>Shannon                                                             |                                                                                                           |                                                                                                        |
| 7:20 pm  | Deep Water Run<br>R01008-111<br>Lisa                                                                     | Water Aerobics<br>R01010-101<br>Cheryl                                                               | Deep Water Run<br>R01008-114<br>Becky                                                                  | Aqua Cardio Dance<br>Sylvie                                                                           |                                                                                                     |                                                                                                           |                                                                                                        |

\*Make-ups are provided when class is cancelled by Recreation Only! There are two possible make-up days for this session.  
Please ask the front desk for more information on the make-up and refund policy for Water fitness.\*

Classes that are highlighted are full

For information about instructors or class content: WELLNESS NETWORK: LINDA AT WELLNET1@AOL.COM OR 301.924.3488