



Water Aerobics
(Classes end on Aug. 28, 2010)

Participants: Please bring your own towel and sunscreen.
Wear a cover-up and shoes when entering the Fitness Center.

MON	TUES	WED	THURS	SAT
9:30 AM - 10:10:25 AM SHALLOW WATER Monica	9:30 AM - 10:25 AM SHALLOW WATER Barby	9:30 AM - 10:10:25 AM SHALLOW WATER Monica	9:30 AM - 10:25 AM SHALLOW WATER Barby	9:30 AM - 10:25 AM INSTRUCTOR'S CHOICE Barby
10:30 AM - 11:00 AM DEEP WATER Monica	10:30 AM - 11:15 AM SILVER SPLASH Barby	10:30 AM - 11:00 AM DEEP WATER Monica	10:30 AM - 11:15 AM SILVER SPLASH Barby	
5:30 PM - 6:25 PM SHALLOW WATER Barby	6:30 PM - 7:15 PM SHALLOW WATER Katrina	5:30 PM - 6:25 PM SHALLOW WATER Barby	6:30 PM - 7:15 PM SHALLOW WATER Katrina	

SHALLOW WATER: A vigorous water workout using various pieces of pool equipment.
No swimming ability is required.

DEEP WATER: A very vigorous workout that is held in the deep end of the pool.
Participants should be comfortable in deep water for this class.

SilverSplash: Activate your urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required.

