

Water Exercise for March 7- April 3, 2010

PCY

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:50 am		Splash Water Park Jane		Splash Water Park Jane	<u>8:30-9:20</u> Aqua Jog Waterpark
9:00-9:50 am	Water Pilates Waterpark- Karen	Splash Water Park Jane	Water Pilates Waterpark-Karen	Splash Water Park Jane	Mary
10:30-11:20 am		Deep Water Indoor Pool Jane		Deep Water Indoor Pool Jane	
11:05-11:55 am	Water Workout Waterpark Cathy	Arthritis Waterpark Cathy	Water Workout Waterpark Cathy	Arthritis Waterpark Mary	Water Workout Waterpark Cathy
7:30-8:20 pm	**Splash Water park Tonya		**Deep Water Indoor Pool Jane		

** note if no one shows by the first 15 min of class, class will be canceled.

note: Cards from service center will be required for all classes.