



AQUA Schedule

SEPTEMBER 2010

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AQUA WARM WATER Increase flexibility, balance and range of motion. A feel good workout	6-7:00a Adult Group Swim-(<i>unsupervised</i>) 9:00a AQUA-Marlene 9:30a WARM WATER-Debbie	9:00a AQUA-Kim 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim-(<i>unsupervised</i>)	9:00a AQUA ZUMBA -Laurel 9:30a WARM WATER-Kim	10:00a AQUA ENDURANCE-Donna
5 Enjoy your Labor Day! (Closed) 	6	9:00a AQUA-Amy 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00p Adult Group Swim-(<i>unsupervised</i>)	6-7:00a Adult Group Swim-(<i>unsupervised</i>) 9:00a AQUA-Marlene 9:30a WARM WATER-Debbie	9:00a AQUA-Kim 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim-(<i>unsupervised</i>)	9:00a AQUA ZUMBA -Laurel 9:30a WARM WATER-Kim	10:00a AQUA ENDURANCE-Donna
12	6-7:00a Adult Group Swim-(<i>unsupervised</i>) 9:00a AQUA-Marlene 9:30a WARM WATER-Debbie 6:00p AQUA-Donna	9:00a AQUA-Amy 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00 Adult Group Swim-(<i>unsupervised</i>)	6-7:00a Adult Group Swim-(<i>unsupervised</i>) 9:00a AQUA-Marlene 9:30a WARM WATER-Debbie	9:00a AQUA-Kim 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim-(<i>unsupervised</i>)	9:00a AQUA ZUMBA -Laurel 9:30a WARM WATER-Kim	10:00a AQUA ENDURANCE-Donna
19	6-7:00a Adult Group Swim-(<i>unsupervised</i>) 9:00a AQUA-Marlene 9:30a WARM WATER-Amy 6:00p AQUA-Donna	9:00a AQUA-Amy 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00p Adult Group Swim-(<i>unsupervised</i>)	6-7:00a Adult Group Swim-(<i>unsupervised</i>) 9:00a AQUA-Marlene 9:30a WARM WATER-Amy	9:00a AQUA-Kim 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim-(<i>unsupervised</i>)	9:00a AQUA ZUMBA -Laurel 9:30a WARM WATER-Kim	10:00a AQUA ENDURANCE-Donna
26	6-7:00a Adult Group Swim-(<i>unsupervised</i>) 9:00a AQUA-Marlene 9:30a WARM WATER-Debbie 6:00p AQUA-Donna	9:00a AQUA-Amy 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00p Adult Group Swim-(<i>unsupervised</i>)	6-7:00a Adult Group Swim-(<i>unsupervised</i>) 9:00a AQUA-Marlene 9:30a WARM WATER-Amy	9:00a AQUA-Kim 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim-(<i>unsupervised</i>)	AQUA ZUMBA -Taking Latin dance to the pool! ENDURANCE Intense cardio training. Lap pool.	AQUA CIRCUIT - A combination of cardio muscle conditioning for a total body workout! Lap pool