

(859)442-5800

# FEBRUARY 2012

aldred.julie@epa.gov

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>AQUA ZUMBA-</b> Taking Latin dance to the pool!</p>	<p><b>HEART HEALTH MONTH</b> ♥♥♥ <b>GET HEART HEALTHY!!</b></p>	<p><b>Don't miss the VALENTINE POT LUCK</b> <b>Thurs, Feb. 9th</b> <b>11:45am-1:30pm</b></p>	<p>6-7:00a Adult Group 1 Swim-(unsupervised)</p> <p>9:00a AQUA-Kim 9:30a WARM WATER-Debbie</p>	<p>9:00a AQUA-Kim 2 10:30a WARM WATER-Kim 6:00p AQUA-Donna</p> <p>8-9:00p Adult Group Swim(unsupervised)</p>	<p>9:00a <b>AQUA ZUMBA-</b> 3 Laurel 9:30a WARM WATER-Kim <i>Wear Red Day!</i> ♥</p>	<p>10:00a SUPER SPLASH-Donna 4</p>
<p>5</p>	<p>6-7:00a Adult Group 6 Swim-(unsupervised) 9:00a AQUA-Laurel 9:30a WARM WATER-Debbie 6:00p Aqua-Donna</p>	<p>9:00a AQUA-Wilma 7 10:30a WARM WATER-Wilma 6:00p AQUA CIRCUIT-Becky 8-9:00 Adult Group Swim (unsupervised)</p>	<p>6-7:00a Adult Group 8 Swim-(unsupervised)</p> <p>9:00a AQUA-Kelly 9:30a WARM WATER-Debbie</p>	<p>9:00a AQUA-Kim 9 10:30a WARM WATER-Kim 6:00p AQUA-Donna</p> <p>8-9:00p Adult Group Swim(unsupervised)</p>	<p>10 9:00a <b>AQUA ZUMBA-</b> Laurel 9:30a WARM WATER-Kim <b>Bring a Friend Friday (\$5.00)</b></p>	<p>11 10:00a SUPER SPLASH-Donna</p>
<p>12</p>	<p>6-7:00a Adult Group 13 Swim-(unsupervised)</p> <p>9:00a AQUA-Laurel 9:30a WARM WATER-Wilma 6:00p Aqua-Donna</p>	<p>♥♥♥♥ 14 9:00a AQUA-Amy 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00 Adult Group Swim</p>	<p>6-7:00a Adult Group 15 Swim-(unsupervised)</p> <p>9:00a AQUA-Kim 9:30a WARM WATER-Lori</p>	<p>9:00a AQUA-Kim 16 10:30a WARM WATER-Kim 6:00p AQUA-Suzann</p> <p>8-9:00p Adult Group Swim(unsupervised)</p>	<p>17 9:00a <b>AQUA ZUMBA-</b> Laurel 9:30a WARM WATER-Kim <b>Bring a Friend Friday (\$5.00)</b></p>	<p>18 10:00a SUPER SPLASH-Kelly</p>
<p>19</p>	<p>6-7:00a Adult Group 20 Swim-(unsupervised)</p> <p>9:00a AQUA-Laurel 9:30a WARM WATER-Debbie 6:00p AQUA-Becky</p>	<p>9:00a AQUA-Amy 21 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00p Adult Group Swim-(unsupervised)</p>	<p>6-7:00a Adult Group 22 Swim-(unsupervised)</p> <p>9:00a AQUA-Kelly 9:30a WARM WATER-Debbie</p>	<p>9:00a AQUA-Kim 23 10:30a WARM WATER-Kim 6:00p AQUA-Donna</p> <p>8-9:00p Adult Group Swim(unsupervised)</p>	<p>24 9:00a <b>AQUA ZUMBA-</b> Laurel 9:30a WARM WATER-Kim <b>Bring a Friend Friday (\$5.00)</b></p>	<p>25 10:00a SUPER SPLASH-Donna</p>
<p>26</p>	<p>6-7:00 Adult Group 27 Swim-(unsupervised)</p> <p>9:00a AQUA-Laurel 9:30a WARM WATER-Wilma 6:00p Aqua-Donna</p>	<p>9:00a AQUA-Amy 28 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00p Adult Group Swim-(unsupervised)</p>	<p>6-7:00a Adult Group 29 Swim-(unsupervised)</p> <p>9:00a AQUA-Kelly 9:30a WARM WATER-Debbie</p>	<p><b>AQUA WARM WATER</b> Increase flexibility, balance and range of motion. A feel good workout.</p>	<p><b>AQUA CIRCUIT- A combination of cardio muscle conditioning for a total body workout! Lap</b></p>	<p><b>SUPER SPLASH</b> Intense cardio training. A fat burning calorie crushing class! Lap pool.</p>