


(859)442-5800

JANUARY 2012

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7:00a Adult Group 2 Swim-(unsupervised) 9:00a AQUA-Laurel 9:30a WARM WATER-Wilma 6:00p Aqua-Donna	9:00a AQUA-Wilma 3 10:30a WARM WATER-Wilma 6:00p AQUA CIRCUIT-Becky 8-9:00 Adult Group Swim (unsupervised)	6-7:00a Adult Group 4 Swim-(unsupervised) 9:00a AQUA-Kim 9:30a WARM WATER-Debbie	9:00a AQUA-Kim 5 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim(unsupervised)	9:00a AQUA ZUMBA-Laurel 6 9:30a WARM WATER-Kim	10:00a NEW YEARS SPLASH-Donna 7 It's a fat burning calorie crushing class!
8	6-7:00a Adult Group 9 Swim-(unsupervised) 9:00a AQUA-Laurel 9:30a WARM WATER-Wilma 6:00p Aqua-Donna	9:00a AQUA-Amy 10 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00 Adult Group Swim (unsupervised)	6-7:00a Adult Group 11 Swim-(unsupervised) 9:00a AQUA-Kelly 9:30a WARM WATER-Debbie	9:00a AQUA-Kim 12 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim(unsupervised)	9:00a AQUA ZUMBA-Laurel 13 9:30a WARM WATER-Kim	10:00a NEW YEARS SPLASH-Donna 14 It's a fat burning calorie crushing class!
15	6-7:00a Adult Group 16 Swim-(unsupervised) 9:00a AQUA-Laurel 9:30a WARM WATER-Debbie 6:00p Aqua-Donna	9:00a AQUA-Amy 17 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00 Adult Group Swim (unsupervised)	6-7:00a Adult Group 18 Swim-(unsupervised) 9:00a AQUA-Kim 9:30a WARM WATER-Debbie	9:00a AQUA-Kim 19 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim(unsupervised)	9:00a AQUA ZUMBA-Laurel 20 9:30a WARM WATER-Kim	10:00a NEW YEARS SPLASH-Donna 21 It's a fat burning calorie crushing class!
22	6-7:00a Adult Group 23 Swim-(unsupervised) 9:00a AQUA-Laurel 9:30a WARM WATER-Wilma 6:00p AQUA-Donna	9:00a AQUA-Amy 24 10:30a WARM WATER-Amy 6:00p AQUA CIRCUIT-Becky 8-9:00p Adult Group Swim-(unsupervised)	6-7:00a Adult Group 25 Swim-(unsupervised) 9:00a AQUA-Kelly 9:30a WARM WATER-Debbie	9:00a AQUA-Kim 26 10:30a WARM WATER-Kim 6:00p AQUA-Donna 8-9:00p Adult Group Swim(unsupervised)	9:00a AQUA ZUMBA-Laurel 27 9:30a WARM WATER-Kim	10:00a NEW YEARS SPLASH-Donna 28 It's a fat burning calorie crushing class!
29	6-7:00 Adult Group 30 Swim-(unsupervised) 9:00a AQUA-Laurel 9:30a WARM WATER-Debbie 6:00p Aqua-Donna	9:00a AQUA-Wilma 31 10:30a WARM WATER-Wilma 6:00p AQUA CIRCUIT-Becky 8-9:00p Adult Group Swim-(unsupervised)		<u>AQUA WARM WATER</u> Increase flexibility, balance and range of motion. A feel good workout.	<u>ENDURANCE</u> Intense cardio training. Lap pool. <u>AQUA ZUMBA-</u> Taking Latin dance to the pool!	<u>AQUA CIRCUIT-</u> A combination of cardio muscle conditioning for a total body workout! Lap pool

** Nova Care Pool Hours: Monday 8:00-9:30am, Tuesday 8:00-10:30am, Thursday 8:00-10:30am

**Group Swim Lesson Times: Tuesday 5:00-7:00pm, Wednesday 11:30am-12:30pm, 5:00-7:00pm, Saturday 9:00am-12:00pm

THE POOLS ARE STILL AVAILABLE DURING THE ABOVE TIMES FOR MEMBER USE.

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