



# February 2008

## Water Aerobics Schedule

**New Classes!**

**Intro to Water Exercise Classes:**

**Morning-  
Friday, Feb 15th  
9:30 am**

**Evening-  
Thursday, Feb  
14th  
7:00 pm**

**You must be at least 14 years of age to participate in Group Exercise Classes.**

MON	TUE	WED	THU	FRI
Water Wake Up 6-6:45 <i>Ron</i>	Aqua Abs & Cardio 6-6:45 <i>Ron</i>	Water Wake Up 6-6:45 <i>Ron</i>	Aqua Abs & Cardio 6-6:45 <i>Ron</i>	Water Wake Up 6-6:45 <i>Ron</i>
Water Walk 8:30-9:15 <i>Esther</i>	Hi/Lo Water Interval 8:30-9:30 <i>Ron</i>	Water Walk 8:30-9:15 <i>Esther</i>	Hi/Lo Water Interval 8:30-9:30 <i>Ron</i>	Water Walk 8:30-9:15 <i>Esther</i>
Ocean Motion 8:45-9:30 <i>Sharon</i>		Ocean Motion 8:45-9:30 <i>Sharon</i>		Hi/Low Water Interval 8:45-9:30am <i>Ron</i>
Aqua Step & Stamina 9:30-10 :15 <i>Sharon</i>	Cardio Split 9:30-10:30 <i>Ron</i>	Aqua Step & Stamina 9:30-10 :15 <i>Sharon</i>	Cardio Split 9:30-10:30 <i>Ron</i>	Ocean Motion 8:45-9:30 <i>Sharon</i>
				Aqua Step & Stamina 9:30-10 :15 <i>Sharon</i>
<i>Evening Classes</i>				
The Deep 6-7pm <i>Ron</i>	Aqua Step 6-7pm <i>Megan</i>	The Deep 6-7pm <i>Ron</i>	Cardio Split 6-7pm <i>Ron</i>	
Hi/Low Interval 7-8pm <i>Suzy</i>	Water Walk 7-8pm <i>Megan</i>	Hi/Low Interval 7-8pm <i>Ron</i>	Water Walk 7-8pm <i>Megan</i>	

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