



# January 2008

## Water Aerobics Schedule

| M O N  | T U E  | W E D   | T H U  | F R I  |
|--|--|---|--|--|
| <b>Water Wake Up</b><br>6-6:45<br><i>Ron</i>   | <b>Water Wake Up</b><br>6-6:45<br><i>Ron</i>           | <b>Water Wake Up</b><br>6-6:45<br><i>Ron</i>  | <b>Water Wake Up</b><br>6-6:45<br><i>Ron</i>           | <b>Water Wake Up</b><br>6-6:45<br><i>Ron</i>   |
| <b>Water Walk</b><br>8:30-9:15<br><i>Esther</i>  | <b>Hi/Lo Water Interval</b><br>8:30-9:30<br><i>Ron</i> | <b>Water Walk</b><br>8:30-9:15<br><i>Esther</i>   | <b>Hi/Lo Water Interval</b><br>8:30-9:30<br><i>Ron</i> | <b>Water Walk</b><br>8:30-9:15<br><i>Esther</i><br><b>Hi/Low Water Interval</b><br>8:45-9:30am<br><i>Ron</i> |
| <b>Ocean Motion</b><br>8:45-9:30<br><i>Sharon</i>  |  | <b>Ocean Motion</b><br>8:45-9:30<br><i>Sharon</i>                                       |  | <b>Ocean Motion</b><br>8:45-9:30<br><i>Sharon</i>  |
| <b>Aqua Step &amp; Stamina</b><br>9:30-10 :15<br><i>Sharon</i>                           | <b>Cardio Split</b><br>9:30-10:30<br><i>Ron</i>        | <b>Aqua Step &amp; Stamina</b><br>9:30-10 :15<br><i>Sharon</i>                          | <b>Cardio Split</b><br>9:30-10:30<br><i>Ron</i>        | <b>Aqua Step &amp; Stamina</b><br>9:30-10 :15<br><i>Sharon</i>   |
| <i>Evening Classes</i>   |  |   |  |  |
| <b>The Deep</b><br>6-7pm<br><i>Ron</i><br><b>Hi/Low Interval</b><br>7-8pm<br><i>Suzy</i> | <b>Water Aerobics</b><br>6-7pm<br><i>Suzy</i>          | <b>The Deep</b><br>6-7pm<br><i>Ron</i><br><b>Hi/Low Interval</b><br>7-8pm<br><i>Ron</i> | <b>Water Aerobics</b><br>6-7pm<br><i>Ron</i>           |  |

**No classes on Tuesday, January 1st.**

**Some classes will be modified due to swim meets. Please check out web site or the front desk for a swim meet schedule. Classes will be cancelled on Tues the 22nd, Wed, the 23rd and Wed the 30th due to swim meets.**

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

Revision 1

Triangle SportsPlex  
 1 Dan Kidd Drive  
 Hillsborough, NC 27278  
 919-644-0339  
[www.trianglesportsplex.com](http://www.trianglesportsplex.com)

