

Water Aerobics Schedule February 2012

Mon	Tue	Wed	Thu	Fri
		<p>1 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>	<p>2 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am, Hi/Low Interval, Ron 9:30am-10:15am Cardio Split, Ron</p>	<p>3 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi</p>
<p>6 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion Suzi 9:35am-10:20am, Aqua Step Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>	<p>7 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am, Hi/Low Interval, Ron 9:30am-10:15am Cardio Split, Ron</p>	<p>8 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>	<p>9 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am, Hi/Low Interval, Ron 9:30am-10:15am Cardio Split, Ron</p>	<p>10 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi</p>
<p>13 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion Suzi 9:35am-10:20am, Aqua Step Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>	<p>14 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am, Hi/Low Interval, Ron 9:30am-10:15am Cardio Split, Ron</p>	<p>15 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>	<p>16 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am, Hi/Low Interval, Ron 9:30am-10:15am Cardio Split, Ron</p>	<p>17 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi</p>
<p>20 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion Suzi 9:35am-10:20am, Aqua Step Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>	<p>21 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am, Hi/Low Interval, Ron 9:30am-10:15am Cardio Split, Ron</p>	<p>22 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>	<p>23 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am, Hi/Low Interval, Ron 9:30am-10:15am Cardio Split, Ron</p>	<p>24 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi</p>
<p>27 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion Suzi 9:35am-10:20am, Aqua Step Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>	<p>28 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am, Hi/Low Interval, Ron 9:30am-10:15am Cardio Split, Ron</p>	<p>29 6:15am-7:00am Water Wake UP, Ron 8:30am-9:15am Hi/Low Interval, Ron 8:30am-9:15am Water Walk, Esther 8:45am-9:30am Ocean Motion, Suzi 9:35am-10:20am, Aqua Step, Suzi 7:00pm-7:45pm Ocean Motion, Jessica</p>		

Time Change for Start Time 6:00 AM class now starts at 6:15 AM
Pre Warm Up Stretch on your own 6:00-6:15 AM
New Evening Class beginning February 1st Deep Water Class 7:00-7:45PM (M/W Class)