



Water Aerobics Schedule February 2010



Mon	Tue	Wed	Thu	Fri
1 Water Wake Up , 6-6:45am, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon	2 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:30-9:15a Ron Cardio Split , 9:30am-10:15am, Ron Ocean Motion , 9:30-10:15am, Sharon Water Walk , 7pm-8pm, suzi	3 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8-8:45, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon Hi/Low Water Interval , 6pm-6:45pmRon	4 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:30-9:15a Ron Cardio Split , 9:30am-10:15am, Ron Ocean Motion , 9:30-10:15am, Sharon	5 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8-8:45, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon Hi/Low Water Interval , 5:30pm-6:15pmRon
8 Water Wake Up , 6-6:45am, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon	9 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:30-9:15a Ron Cardio Split , 9:30am-10:15am, Ron Ocean Motion , 9:30-10:15am, Sharon Water Walk , 7pm-8pm, suzi	10 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:00-8:45a Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon Hi/Low Water Interval , 6pm-6:45pmRon	11 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:30-9:15a Ron Cardio Split , 9:30am-10:15am, Ron Ocean Motion , 9:30-10:15am, Sharon	12 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8-8:45, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon Hi/Low Water Interval , 5:30pm-6:15pmRon
15 Water Wake Up , 6-6:45am, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon	16 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:30-9:15a Ron Cardio Split , 9:30am-10:15am, Ron Ocean Motion , 9:30-10:15am, Sharon Water Walk , 7pm-8pm, suzi	17 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8-8:45, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon Hi/Low Water Interval , 6pm-6:45pmRon	18 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:30-9:15a Ron Cardio Split , 9:30am-10:15am, Ron Ocean Motion , 9:30-10:15am, Sharon	19 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8-8:45, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon Hi/Low Water Interval , 5:30pm-6:15pmRon
22 Water Wake Up , 6-6:45am, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon	23 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:30-9:15a Ron Cardio Split , 9:30am-10:15am, Ron Ocean Motion , 9:30-10:15am, Sharon Water Walk , 7pm-8pm, suzi	24 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8-8:45, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon Hi/Low Water Interval , 6pm-6:45pmRon	25 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8:30-9:15a Ron Cardio Split , 9:30am-10:15am, Ron Ocean Motion , 9:30-10:15am, Sharon	26 Water Wake Up , 6-6:45am, Ron Hi/Low Water Interval 8-8:45, Ron Water Walk , 8:30am-9:15am, Ester Ocean Motion , 8:45-9:30am, Sharon Aqua Step , 9:30am-10:15am, Sharon Hi/Low Water Interval , 5:30pm-6:15pmRon