

Colonial Heights Water Fitness

☺ Family Friendly
Classes

January 2010

www.amfamfit.com 520-7000

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>*PLEASE Always remember to take a non-soap shower before entering pool or spa.</p>	<p>ALL NEW! Ai Chi (Tai Chi in the Water) is here: Monday, Jan 18 @ 11 am & select Sundays @ 3:00 pm</p>			<p>Change it up for the New Year: Try Power Hour, H2O Bootcamp or H2O Step</p>	<p>1 Happy New Year Club Closed!</p>	<p>2 George: 8:30 Aqua Energy 9:30 Power Hour</p>
<p>3 Christi: 3:30 ☺ BYO Baby 4:00 Splash Out</p>	<p>4 5:30 George Power Hour Atika: 9:30 Fluid Motion 10:00 AquaEnergy Liz: 5:00☺AquaEnergyExp 5:30 Finning 6:00 AE Sandy</p>	<p>5 5:45 Bret Fitness Swim Heidi: 9:30 Totally Noodles 10:30 Finning 12-1:30 Barbara HT Nijah: 5:30 Power Hr 6:30 Finning ☺ 7:00 Volleyball H.O</p>	<p>6 5:30 George PH Atika: 9:00 Water Walking 10:00 Aqua Energy 5:30 Power1/2 Hr Lisa Sandy: 6:00 H2O StepExp 6:30 Arthritis Aqua 7:00 FitSwim Lisa</p>	<p>7 5:45 Bret Fitness Swim Richard: 9:30 AE 10:30 Arthritis Aqua 12-1:30 HT Mark 5:30AFKLisa☺ Nijah: 5:30 AE Exp 6:00 Finning</p>	<p>8 5:30 George Splash Out Christi: 9:30 FM 10:00 Cardio Circuit 5:30 H2O Boot Camp George</p>	<p>9 Liz: 8:30 Aqua Energy 9:30 H2O Run</p>
<p>10 Sandy: 3:00 Ai Chi 4:00 Splash Out</p>	<p>11 5:30 George Power Hour Christi: 9:30 Sculpt & Stretch 10:00 AE Liz: 5:00☺AquaEnergyExp 5:30 Finning 6:00 AE George</p>	<p>12 5:45 Bret Fitness Swim Heidi: 9:30 H.O Deep 10:30 Water Walking 12-1:30 Barb HT Atika: 5:30 Power Hr 6:30 Finning ☺ 7:00 Volleyball H.O</p>	<p>13 5:30 George PH Atika: 9:00 Water Walking 10:00 Aqua Energy 5:30 Power1/2 Hr Lisa Sandy: 6:00 H2O StepExp 6:30 Arthritis Aqua 7:00 FitSwim Lisa</p>	<p>14 5:45 Bret Fitness Swim Richard: 9:30 AE 10:30 Arthritis Aqua 12-1:30 HT Mark 5:30 AFK Lisa ☺ 5:30 AEEExp Nijah 6:00 Finning Nijah</p>	<p>15 5:30 George Splash Out Christi: 9:30 F M 10:00 H2O Boot Camp 5:30 H2O Boot Camp Liz</p>	<p>16 George: 8:30 Aqua Energy 9:30 Power Hour</p>
<p>17 Barbara: 3:30 Fluid Motion 4:00 Splash Out</p>	<p>18 5:30 George Power Hour Christi: 9:30 Fluid Motion 10:00 AE Sandy: 11:00 Ai Chi ** Liz: 5:00☺AquaEnergyExp 5:30 Finning 6:00 AE Sandy</p>	<p>19 5:45 Bret Fitness Swim Heidi: 9:30 Totally Noodles 10:30 Finning 12-1:30 Barb HT Atika: 5:30 Power Hour 6:30 Finning ☺ 7:00 Volleyball H.O</p>	<p>20 5:30 George PH Atika: 9:00 Water Walking 10:00 Aqua Energy 5:30 Power1/2 Hr Lisa Sandy: 6:00 H2O StepExp 6:30 Arthritis Aqua 7:00 FitSwim Lisa</p>	<p>21 5:45 Bret Fitness Swim Richard: 9:30 AE 10:30 Arthritis Aqua 12-1:30 HT Mark 5:30 AFK Lisa ☺ 5:30 AE Exp George 6:00 Finning Geo</p>	<p>22 5:30 George Splash Out Christi: 9:30 FM 10:00 Cardio Circuit 5:30 H2O Boot Camp Liz</p>	<p>23 Atika: 8:30 Aqua Energy 9:30 H2O Run</p>
<p>24/ Richard: 3:00 Arthritis Aqua + 4:00 Splash Out 31 Sandy: 3:00 Ai Chi 4:00 Splash Out</p>	<p>25 5:30 George Power Hour Christi: 9:30 Sculpt & Stretch 10:00 AE Liz: 5:00☺AquaEnergyExp 5:30 Finning 6:00 AE George</p>	<p>26 5:45 Bret Fitness Swim Heidi: 9:30 H.O Deep 10:30 Water Walking 12-1:30 Barb HT Atika: 5:30 Power Hr 6:30 Finning ☺ 7:00 Volleyball H.O</p>	<p>27 5:30 George PH Atika: 9:00 Water Walking 10:00 Aqua Energy 5:30 Power1/2 Hr Lisa Sandy: 6:00 H2O StepExp 6:30 Arthritis Aqua 7:00 FitSwim Lisa</p>	<p>28 5:45 Bret Fitness Swim Richard: 9:30 AE 10:30 Arthritis Aqua 12-1:30 HT Mark 5:30 AFK Lisa ☺ 5:30 AE Exp George 6:00 Finning Geo</p>	<p>29 5:30 George Splash Out Atika: 9:30 F M 10:00 H2O Boot Camp 5:30 H2O Boot Camp Liz</p>	<p>30 Christi: 8:30 Aqua Energy 9:30 Power Hour</p>

