











March 2010

Water Fitness



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Stephanie K. Moore Aquatics Coordinator 804-261-1000</p> <p>CHECK IT OUT!! →</p>	<p>1 Aqua Energy 6:00a Liz Aqua Energy 9:00a Julie Fluid Motion 10:00a Julie</p> <p>Aqua Energy 6:30p Dion</p>	<p>2 Aqua Energy 6:00a Bev Power Hour 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW & FM 3:30p Muriel Finning 6:30p Millie H₂O Bootcamp 7:30 Ray</p>	<p>3 Aqua Energy 6:00a Bev Splash Out 9:00a Stephanie</p> <p>Power Hour 6:30p Frances</p> <p>↓</p> <p>TAKE THIS!</p>	<p>4 Aqua Energy 6:00a Bev Splash Out 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW&FM 3:30p Muriel Aqua Energy 6:30p Frances</p>	<p>5 Aqua Energy 6:00a Liz Cardio Circuit 9:00a Thelma Fluid Motion 10:00a Thelma</p>	<p>6 Aqua Energy 10:00a Millie</p> 
<p>7 Power Hour 4:30p Millie</p> 	<p>8 Aqua Energy 6:00a Liz Aqua Energy 9:00a Julie Fluid Motion 10:00a Julie</p> <p>Aqua Energy 6:30p Dion</p>	<p>9 Aqua Energy 6:00a Bev Power Hour 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW & FM 3:30p Muriel Finning 6:30p Elisa H₂O Bootcamp 7:30 Ray</p> <p>NEW!</p>	<p>10 Aqua Energy 6:00a Bev Splash Out 9:00a Stephanie</p> <p>Power Hour 6:30p Millie</p>	<p>11 Aqua Energy 6:00a Bev Splash Out 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW&FM 3:30p Muriel Aqua Energy 6:30p Elisa</p>	<p>12 Aqua Energy 6:00a Liz Cardio Circuit 9:00a Thelma Fluid Motion 10:00a Thelma</p> 	<p>13 Aqua Energy 10:00a Bev</p>
<p>14 Power Hour 4:30p Millie</p> 	<p>15 Aqua Energy 6:00a Liz Aqua Energy 9:00a Julie Fluid Motion 10:00a Julie</p> <p>Aqua Energy 6:30p Dion</p>	<p>16 Aqua Energy 6:00a Bev Power Hour 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW & FM 3:30p Muriel Finning 6:30p Millie H₂O Bootcamp 7:30 Ray</p>	<p>17 Aqua Energy 6:00a Bev Splash Out 9:00a Stephanie</p> <p>Power Hour 6:30p Frances</p> <p>ST. PATRICKS DAY</p> 	<p>18 Aqua Energy 6:00a Bev Splash Out 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW&FM 3:30p Muriel Aqua Energy 6:30p Frances</p>	<p>19 Aqua Energy 6:00a Liz Cardio Circuit 9:00a Liz Fluid Motion 10:00a Liz</p>	<p>20 Aqua Energy 10:00a Elisa</p> 
<p>21 Power Hour 4:30p Frances</p>	<p>22 Aqua Energy 6:00a Liz Aqua Energy 9:00a Julie Fluid Motion 10:00a Julie</p> <p>Aqua Energy 6:30p Dion</p>	<p>23 Aqua Energy 6:00a Liz Power Hour 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW & FM 3:30p Muriel Finning 6:30p Millie H₂O Bootcamp 7:30 Ray</p>	<p>24 Aqua Energy 6:00a Millie Splash Out 9:00a Stephanie</p> <p>Power Hour 6:30p Frances</p> 	<p>25 Aqua Energy 6:00a Liz Splash Out 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW&FM 3:30p Muriel Aqua Energy 6:30p Frances</p>	<p>26 Aqua Energy 6:00a Liz Cardio Circuit 9:00a Thelma Fluid Motion 10:00a Thelma</p> 	<p>27 Aqua Energy 10:00a Thelma</p>
<p>28 Power Hour 4:30p Frances</p> <p>DON'T FORGET TO TAKE A NON-SOAP SHOWER BEFORE ENTERING THE POOL OR HOT TUB</p> 	<p>29 Aqua Energy 6:00a Liz Aqua Energy 9:00a Julie Fluid Motion 10:00a Julie</p> <p>Aqua Energy 6:30p Dion</p>	<p>30 Aqua Energy 6:00a Bev Power Hour 9:30a Talia H₂O Arthritis 10:30a-11a Talia WW & FM 3:30p Muriel Finning 6:30p Millie H₂O Bootcamp 7:30 Ray</p>	<p>31 Aqua Energy 6:00a Bev Splash Out 9:00a Stephanie</p> <p>Power Hour 6:30p Frances</p>	<p>THE HOT TUB WILL BE CLOSED ON MONDAYS AND THURSDAYS FROM 9 pm TO 12 am FOR CLEANING. THE MAIN POOL WILL BE CLOSED ON THURSDAYS FROM 10 pm TILL 11 pm FOR CLEANING.</p> <p>WE DO APOLOGIZE FOR ANY INCONVENIENCE THIS MAY CAUSE.</p> <p>Sincerely, Aquatics Staff</p> 		<p>Water shoes with support and drinking water are recommended for all water fitness classes</p> 