



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>All New!</b> Ai Chi (Tai Chi in the Water) is here! Saturdays @ 12:30</p>	<p><b>1</b> 5:30 George Power Hour Christi: 9:30 Sculpt &amp; Stretch 10:00 AquaEnergy  Liz: 5:00 AquaEnergyExp 5:30 Fin 6:00 AE George</p>	<p><b>2</b> 5:45 Bret Fit Swim  Atika: 9:30 Deep H<sub>2</sub>O 10:30 WW Express 12-1:30 Atika HT  Atika: 5:30 Power Hr 6:30 Fin 7:00 Vlyball H<sub>2</sub>O Chad ☺</p>	<p><b>3</b> 5:30 George PH Heidi: 9:00 Water Walking 10:00 Aqua Energy  5:30 Power1/2 Hr Lisa Sandy: 6:00 H<sub>2</sub>O StepExp 6:30 Arthritis Aqua + 7:00 FitSwim Lisa</p>	<p><b>4</b> 5:45 Bret Fit Swim Richard: 9:30 AE 10:30 Arthritis Aqua+ 12-1:30 HT Mark  Heidi: 5:30 Aqua Energy</p>	<p><b>5</b> 5:30 George Splash Out Atika: 9:30 FM 10:00 H<sub>2</sub>O Boot Camp  5:30 H<sub>2</sub>O Boot Camp Sandy</p>	<p><b>6</b> George: 8:30 Aqua Energy 9:30 Power Hour Sandy: 12:00 AE Exp 12:30 Ai Chi</p>
<p><b>7</b> Christi: 3:30 ☺ BYO Baby 4:00 Splash Out</p>	<p><b>8</b> 5:30 George Power Hour Christi: 9:30 Fluid Motion 10:00 AE  Sandy: 5:00 AquaEnergyExp 5:30 Fin 6:00 AE George</p>	<p><b>9</b> 5:45 Bret FS Heidi: 9:30 Totally Noodles 10:30 Fin 12-1:30 Barb HT  Atika: 5:30 Power Hr 6:30 Fin 7:00 Vlyball H<sub>2</sub>O Chad ☺</p>	<p><b>10</b> 5:30 George PH Atika: 9:00 WW 10:00 AE  5:30 Power1/2 Hr Lisa Sandy: 6:00 H<sub>2</sub>O StepExp 6:30 Arthritis Aqua + 7:00 FitSwim Lisa</p>	<p><b>11</b> 5:45 Bret FS  Richard: 9:30 AE 10:30 Arthritis Aqua+ 12-1:30 HT Mark  George: 5:30 Aqua Energy</p>	<p><b>12</b> 5:30 George Splash Out Lisa: 9:30 FM 10:00 Cardio Circuit  5:30 H<sub>2</sub>O Boot Camp George</p>	<p><b>13</b> Liz: 8:30 Aqua Energy 9:30 H<sub>2</sub>O Step Exp Sandy: 12:00 AE Exp 12:30 Ai Chi</p>
<p><b>14</b> Sandy: 3:30 Ai Chi 4:00 Splash Out</p>	<p><b>15</b> 5:30 George Power Hour Christi: 9:30 Sculpt &amp; Stretch 10:00 AE  Lisa: 5:00 AquaEnergyExp 5:30 Fin 6:00 AE George</p>	<p><b>16</b> 5:45 Bret FS  Heidi: 9:30 Deep H<sub>2</sub>O 10:30 WW Exp 12-1:30 Barb HT  Atika: 5:30 Power Hr 6:30 Fin 7:00 Vlyball H<sub>2</sub>O Chad ☺</p>	<p><b>17</b> 5:30 George PH Atika: 9:00 WW 10:00 AE  5:30 Power1/2 Hr Lisa Sandy: 6:00 H<sub>2</sub>O StepExp 6:30 Arthritis Aqua+ 7:00 FitSwim Lisa</p>	<p><b>18</b> 5:45 Bret FS  Richard: 9:30 AE 10:30 Arthritis Aqua+ 12-1:30 HT Mark  George: 5:30 Aqua Energy</p>	<p><b>19</b> 5:30 George Splash Out Christi: 9:30 F M 10:00 H<sub>2</sub>O Boot Camp  5:30 H<sub>2</sub>O Boot Camp Liz</p>	<p><b>20</b> George: 8:30 Aqua Energy 9:30 H<sub>2</sub>O Boot Camp Sandy: 12:00 AE Exp 12:30 Ai Chi</p>
<p><b>21</b> Barbara: 3:30 Fluid Motion 4:00 Splash Out</p>	<p><b>22</b> 5:30 George Power Hour Christi: 9:30 Fluid Motion 10:00 AE  Liz: 5:00 AquaEnergyExp 5:30 Fin 6:00 AE George</p>	<p><b>23</b> 5:45 Bret FS  Atika: 9:30 Totally Noodles 10:30 Fin 12-1:30 Atika HT  Atika: 5:30 Power Hour 6:30 Fin 7:00 Vlyball H<sub>2</sub>O Chad</p>	<p><b>24</b> 5:30 George PH Heidi: 9:00 WW 10:00 AE  5:30 Power1/2 Hr Lisa Sandy: 6:00 H<sub>2</sub>O StepExp 6:30 Arthritis Aqua+ 7:00 FitSwim Lisa</p>	<p><b>25</b> 5:45 Bret FS  Richard: 9:30 AE 10:30 Arthritis Aqua+ 12-1:30 HT Mark  George: 5:30 Aqua Energy</p>	<p><b>26</b> 5:30 George Splash Out Christi: 9:30 FM 10:00 Cardio Circuit  5:30 H<sub>2</sub>O Boot Camp Sandy</p>	<p><b>27</b> Atika: 8:30 Aqua Energy 9:30 H<sub>2</sub>O Run Exp Sandy: 12:00 AE Exp 12:30 Ai Chi</p>
<p><b>28</b> Richard: 3:00 Arthritis Aqua + 4:00 Splash Out</p>	<p><b>29</b> 5:30 George Power Hour Christi: 9:30 Sculpt &amp; Stretch 10:00 AquaEnergy  Liz: 5:00 AquaEnergyExp 5:30 Fin 6:00 AE George</p>	<p><b>30</b> 5:45 Bret FS  Heidi: 9:30 Deep H<sub>2</sub>O 10:30 WW Express 12-1:30 Barb HT  Atika: 5:30 Power Hr 6:30 Fin 7:00 Vlyball H<sub>2</sub>O Chad ☺</p>	<p><b>31</b> 5:30 George PH Atika: 9:00 WW 10:00 AE  5:30 Power1/2 Hr Lisa Sandy: 6:00 H<sub>2</sub>O StepExp 6:30 Arthritis Aqua+ 7:00 FitSwim Lisa</p>	<p><b>A Water Shoe with support and Drinking Water is highly recommended for all Water Fitness Classes!</b></p>	<p><b>Lunch Anyone?</b> Join us March 24th (see aqua bulletin board for details &amp; to sign-up)</p>	<p><b>Don't short yourself: please arrive to class On time!</b></p>

