





# FREDERICKSBURG CLUB WATER FITNESS SCHEDULE



## March 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Passport to Fitness</b> <i>Sign up at the Front Desk!</i>	<b>1</b> 5:30am MS - *** 9:00am HC - Pam 10:00pm AZ - Sacchia 10:30am MS - Betsy 12:30pm SO - Emily 4:30pm PH - Liz	<b>2</b> 5:30am PH - Lucille 9:00am AS - Liz 10:00am HB - Macey 6:00pm Fin - Brenda 6:30pm CC - Becky	<b>3</b> 9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 4:30pm AE - Liz 7:00pm AZ - Sacchia	<b>4</b> SWIM CLUB 5:00 - 6:45p	<b>5</b> 9:30am AE - Emily 10:45am BYOB - Pam 12:30pm SO - Brenda 4:30pm AS - Liz 5:30pm Zumbatomic- Sacchia 6:00pm Fin - Stephanie 7:00pm AZ - Carlos	<b>6</b> 9:00am Begin MS - Becky 9:00am AE - Pam 9:30am MS - Becky
				5:30am SO - Lucille 9:30am PH - Pam 9:30am MS - Betsy 12:30pm WW - Emily 6:30pm DH - Macey		
<b>7</b> SWIM CLUB 5:00 - 6:45p 4:00pm Family PH - Liz	<b>8</b> 5:30am MS - *** 9:00am HC - Pam 10:00pm AZ - Sacchia 10:30am MS - Betsy 12:30pm SO - Emily 4:30pm PH - Liz	<b>9</b> 5:30am PH - Lucille 9:00am AK - Liz 10:00am HB - Macey 12:30pm FM - Emily 6:00pm MS - Becky 6:30pm PH - Brenda	<b>10</b> 9:00am AE - Emily 10:00am PH - Alex 12:30pm SO - Brenda 4:30pm AE - Liz 7:00pm AZ - Zoey	<b>11</b> SWIM CLUB 5:00 - 6:45p	<b>12</b> 9:30am AE - Emily 10:45am BYOB - Macey 12:30pm SO - Brenda 4:30pm AK - Liz 6:00pm Fin - Stephanie 7:00pm HB - Macey	<b>13</b> 9:00am Begin MS - Becky 9:00am AE - Lucille 9:30am MS - Becky 10:00am S&F-Stephanie
9:30am PH - Pam 9:30am MS - Betsy 12:30pm WW - Alex 6:30pm DH - Macey						
<b>14</b> SWIM CLUB 5:00 - 6:45p 4:00pm Family PH - Liz	<b>15</b> 5:30am MS - *** 9:00am HC - Pam 10:00pm AZ - Sacchia 10:30am MS - Betsy 12:30pm SO - Emily 4:30pm PH - Liz	<b>16</b> 5:30am PH - Lucille 9:00am AS - Liz 10:00am HB - Macey 12:30pm FM - Emily 6:00pm Fin - Brenda 6:30pm CC - Becky	<b>17</b> 9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 4:30pm AE - Liz 7:00pm AZ - Sacchia	<b>18</b> SWIM CLUB 5:00 - 6:45p	<b>19</b> 9:30am AE - Emily 10:45am BYOB - Lucille 12:30pm SO - Brenda 4:30pm AS - Liz 5:30pm Zumbatomic- Sacchia 6:00pm Fin - Stephanie 7:00pm AZ - Carlos	 <b>Swim Bike Run</b> Register at the front desk by March 16th! 10:00pm AZ - Sacchia
5:30am SO - Lucille 9:30am PH - Pam 9:30am MS - Betsy 12:30pm WW - Alex 6:30pm DH - Macey						
<b>21</b> SWIM CLUB 5:00 - 6:45p 4:00pm Family PH - Liz	<b>22</b> 5:30am MS - *** 9:00am HC - Pam 10:00pm AZ - Sacchia 10:30am MS - Betsy 12:30pm SO - Emily 4:30pm PH - Liz	<b>23</b> 5:30am PH - Lucille 9:00am AK - Liz 10:00am HB - Macey 12:30pm FM - Emily 6:00pm MS - Becky 6:30pm PH - Brenda	<b>24</b> 9:00am AE - Emily 10:00am PH - Alex 12:30pm SO - Brenda 4:30pm AE - Liz 7:00pm AZ - Zoey	<b>25</b> SWIM CLUB 5:00 - 6:45p	<b>26</b> 9:30am AE - Emily 10:45am BYOB - Macey 12:30pm SO - Brenda 4:30pm AK - Liz 5:30pm Zumbatomic- Sacchia 6:00pm Fin - Stephanie 7:00pm HB - Macey	<b>27</b> 9:00am Begin MS - Becky 9:00am AE - Macey 9:30am MS - Becky 10:00am S&F-Stephanie
5:30am SO - Lucille 9:30am PH - Macey 9:30am MS - Betsy 12:30pm WW - Alex 6:30pm DH - Macey						
<b>28</b> SWIM CLUB 5:00 - 6:45p 4:00pm AZ - Sacchia	<b>29</b> 5:30am MS - *** 9:00am HC - Pam 10:00pm AZ - Sacchia 10:30am MS - Betsy 12:30pm SO - Emily 4:30pm PH - Liz	<b>30</b> 5:30am PH - Lucille 9:00am AS - Liz 10:00am HB - Macey 12:30pm FM - Emily 6:00pm Fin - Brenda 6:30pm CC - Becky	<b>31</b> 9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 4:30pm AE - Liz 7:00pm AZ - Sacchia	 Swimmers ages 5 to 18, check our Flying Fish Swim Club! Ask our Staff for a brochure. *** Master's workout posted on dry-erase board.		
 Aqua Zumba Come and join the party!						