

Water Fitness Schedule Mechanicsville March 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 8:30am PH/Kristan 9:30am AE/ Shirley 10:30 30 min Yoqua /Colette 11:30 90 min AE/Shirley 4:30: Bootcamp /Shirley 6:30pm AE/ Sue 7:30pm Finning/ Sue	2 9:30 FM/ Julie 10:30 15/45 min TT & YOQUA /Moe 11:30 ½ hr WW/ Moe 12:00 30 min BYOB/Moe 4:30 Fitness Swim/Jim 4:30 ½ hr FM/Julie 5:00 1 hr. <AE>/Julie 6:30 <SO>/Shirley	3 8:30 PH/Kristan 9:30 <AE>/Colette 10:30 30 min Yoqua /Moe 11:30 30 min Step/Shirley 12:00 60 min AE/Shirley 5:00 SO/Colette 6:30 PH/Sue 7:30 30/30 Deep Water /Fin/Sue	4 6:00am AE/Shirley 9:30 SO/Moe 10:30 ½ hr SS/Moe 11:00 45 min Deep H20/Julie 11:45 45 min WW/Julie 4:30 ½ hr Fin/Julie 5:00 30/30 Deep H20/ <SO>/Julie 5:30 Fitness Swim/Jim 6:30 AE/Sue	5 7:00 H20 Strive/Shirley 8:00/ Fitness Swim/Jim 8:30 AE/ Julie 9:30 FM/Shirley 6:30 SO/Sue 7:30 ½ Finning/Sue	6 9:00am 90 Mins. Splash out Including Deep Water/Julie	
7 1:30pm 90 Min. Splash out/ including Finning Sue	8 – Extra Credit* 8:30am PH/Kristan 9:30am AE/ Shirley 10:30 30 min Yoqua /Shirley 11:30 90 min AE/Shirley 4:30: Bootcamp /Connie 6:30pm AE/ Sue 7:30pm Finning/ Sue	9 9:30 FM/ Julie 10:30 15/45 min TT & YOQUA /Moe 11:30 ½ hr WW/ Moe 12:00 30 min BYOB/Moe 4:30 Fitness Swim/Jim 4:30 ½ hr FM/Julie 5:00 1 hr. <AE>/Julie 6:30 <SO>/Shirley	10 8:30 AFM//Kristan & Julie 9:30 <AE>/Colette 10:30 30 min Yoqua /Moe 11:30 30 min SS/Shirley 12:00 60 min AE/Shirley 5:00 SO/Colette 6:30 PH/Sue 7:30 30/30 Deep Water /Fin/Sue	11 6:00am AE/Shirley 9:30 SO/Moe 10:30 ½ hr SS/Moe 11:00 45 min Deep H20/Julie 11:45 45 min WW/Julie 4:30 ½ hr Fin/Julie 5:00 30/30 Deep H20/ <SO>/Julie 5:30 Fitness Swim/Jim 6:30 AE/Connie	12 7:00 H20 Strive/Shirley 8:00/ Fitness Swim/Jim 8:30 AE/ Shirley 9:30 FM/Julie 6:30 SO/Sue 7:30 ½ Finning/Sue	13 9:00am 90 Min. BOOTCAMP/ RAY	
14 – SPLASH OUT 1:30pm 90 mins St Patty's Splash Out, All members, All instructors invited! <i>Daylight savings time – spring forward!</i>	15 8:30am PH/Kristan 9:30am AE/ Colette 10:30 30 min Yoqua /Colette 11:30 90 min AE/Shirley 4:30: Bootcamp /Shirley 6:30pm AE/ Sue 7:30pm Finning/ Sue	16 9:30 FM/ Julie 10:30 15/45 min TT & YOQUA /Moe 11:30 ½ hr WW/ Moe 12:00 30 min BYOB/Moe 4:30 Fitness Swim/Jim 4:30 ½ hr FM/Julie 5:00 1 hr. <AE>/Julie 6:30 <SO>/ Shirley	17 8:30 SO/ Kristan 9:30 <AE>/Colette 10:30 30 min Yoqua /Moe 11:30 30 min Step/Shirley 12:00 60 min AE/Shirley 5:00 SO/Colette 6:30 Cardio Circuit/Sue 7:30 30/30 Deep Water /Fin/Sue	18 6:00am AE/Shirley 9:30 SO/Moe 10:30 ½ hr SS/Moe 11:00 45 min Deep H20/Julie 11:45 45 min WW/Julie 4:30 ½ hr Fin/Julie 5:00 30/30 Deep H20/ <SO>/Julie 5:30 Fitness Swim/Jim 6:30 AE/Connie	19 7:00 H20 Strive /Shirley 8:00/ Fitness Swim/Jim 8:30AE/ Frances & Sue 9:30 FM/Shirley 6:30 SO/Sue 7:30 ½ Finning/Sue	20 Extra CR.* 9:00am 90 Mins. Splash out Including Step/Shirley	
21 1:30pm 90 mins <AE> Incl. Deep Water/ Connie	22 8:30am PH/ /Kristan 9:30am AE/ Colette 10:30 30 min Yoqua /Colette 11:30 90 min AE/Shirley 4:30: Bootcamp /Shirley 6:30pm AE/ Sue 7:30pm Finning/Sue	23 – Extra Credit* 9:30 FM/ Julie 10:30 15/45 min TT & YOQUA /Moe 11:30 ½ hr WW/ Moe 12:00 30 min BYOB/Moe 4:30 Fitness Swim/Jim 4:30 ½ hr FM/Julie 5:00 1 hr. <AE>Julie 6:30 <SO>/Shirley	24 8:30 SO/ Julie 9:30 <AE>/Colette 10:30 30 min Yoqua/Moe 11:30 30 min SS/Shirley 12:00 60 min AE/Shirley 5:00 SO/Colette 6:30 PH/Sue & Shirley 7:30 30/30 Deep Water /Fin/Sue	25 6:00am AE/Shirley 9:30 SO/Moe 10:30 ½ hr SS/Moe 11:00 45 min Deep H20/Julie 11:45 45 min WW/Julie 4:30 ½ hr Fin/Julie 5:00 30/30 Deep H20/ <SO>/Julie 5:30 Fitness Swim/Jim 6:30 AE/Connie	26 7:00 H20 Strive /Shirley 8:00/ Fitness Swim/Jim 8:30AE/ Frances 9:30 FM/Julie 6:30 SO/Sue 7:30 ½ Finning/Sue	27 9:00am 90 Min. BOOTCAMP/ RAY	
28 1:30pm 90 mins <AE> Incl. Deep Water/ Julie	29 8:30am PH/ /Kristan 9:30am AE/ Colette 10:30 30 min Yoqua /Colette 11:30 90 min AE/Shirley & Julie 4:30: Bootcamp /Shirley 6:30pm AE/ Sue 7:30pm Finning/Sue	30 9:30 FM/ Julie 10:30 15/45 min TT & YOQUA /Moe 11:30 ½ hr WW/ Moe 12:00 30 min BYOB/Moe 4:30 Fitness Swim/Jim 4:30 ½ hr FM/Julie 5:00 1 hr. <AE>Julie 6:30 <SO>/Shirley	31 8:30 SO/ Kristan 9:30 <AE>/Colette 10:30 30 min Yoqua/Moe 11:30 30 min SS/Shirley 12:00 60 min AE/Shirley 5:00 SO/Colette 6:30 PH/Sue 7:30 30/30 Deep Water /Fin/Sue	St. Patty's Day Splash OUT! All member, all instructors invited. Sunday March 14 th 1:30pm ATTN: Class Act Participants! *EXTRA CREDIT * days are here! Receive 2 class credits for the price of one class!			

< Family Friendly Classes > - Work out with your children in our family friendly classes designated the < > Children must be 10 years and older, accompanied by a parent and actively participating in the class.



Keep the soap and oil out of our pools, please shower!



Class Key: AE: Aqua Energy; AFM:AquaFit Moves(Cardio Circuit); BYOB: Bring Your Own Baby; H2O Bootcamp; Deep H20 (w/floatation); Finning; FM-Fluid Movement; FS Fitness Swim; H2O STRIVE; PH: Power Hour; STEP: Aqua Step; SO: Splash Out; SS: Sculpt & Stretch; TT: Tummy Toning; WW: Water Walking; YOQUA: Water Yoga.

Websites to find Aquatic Equipment: www.sprintaquatics.com, www.kiefer.com, www.h2owear.com