



# Water Fitness Schedule

## Swift Creek Club

### March 2010



804-763-1111  
www.amfamfit.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>No class</b> March 4 at 6:30pm All Staff Meeting</p> <p><b>No class</b> March 19 at 6 and 8:30am for Staff Training</p>	<p><b>1</b></p> <p><b>Splash Out</b> 8:30a Dione/Nancy <b>Aqua Energy</b> 9:30a Dione/Nancy <b>Arthritis Plus</b> 10:30a Thelma</p> <p><b>Aqua Energy</b> 6:00-7:30p Billie</p>	<p><b>2</b></p> <p><b>Aqua Energy</b> 6:00a Brenda <b>Aqua Energy</b> 9:00a Liz <b>WW &amp; Sculpt</b> 10:00a Liz <b>Splash Out</b> 4:30p Dione</p> <p><b>Power Hour</b> 6:30p Dione</p>	<p><b>3</b></p> <p><b>Finning</b> 6:00a Brenda <b>Aqua Step</b> 8:30a Nancy <b>Cardio Circuit</b> 9:30a Nancy <b>Yoqua</b> 10:30-11a Nancy <b>HT</b> 11:00-12p Nancy <b>Boot Camp</b> 6:00p Ray</p>	<p><b>4</b></p> <p><b>Aqua Energy</b> 6a Brenda <b>Cardio Circuit</b> 9a Ruth <b>Fluid Motion</b> 10a Ruth <b>Totally Noodles</b> 4:30p Sandy <b>Arthritis Plus</b> 5:30p Thelma <b>No Class Tonight!</b></p>	<p><b>5</b></p> <p><b>Fitness Swim</b> 6a Brittney <b>Boot Camp</b> 8:30a Debbi <b>Aqua Energy</b> 9:30a Ruth</p>	<p><b>6</b></p> <p><b>Power Hour</b> 9am Dione</p> <p><b>Arthritis Plus</b> 10a Sandy</p>
<p><b>7</b></p> <p><b>Aqua Energy ☺</b> 4:00p Liz</p>	<p><b>8</b></p> <p><b>Deep H2O</b> 8:30a Dione <b>Aqua Energy</b> 9:30a Dione <b>Arthritis Plus</b> 10:30a Thelma</p> <p><b>Aqua Energy</b> 6:00-7:30p Billie</p>	<p><b>9</b></p> <p><b>Aqua Energy</b> 6a Brenda <b>Cardio Circuit</b> 9a Liz <b>Fluid Motion</b> 10:00a Liz <b>Splash Out</b> 4:30p Dione <b>Power Hour</b> 6:30-7:30p Dione</p>	<p><b>10</b></p> <p><b>Finning</b> 6:00a Brenda <b>Power Hour</b> 8:30a Nancy <b>Totally Noodles</b> 9:30a Nancy <b>Yoqua</b> 10:30-11a Nancy <b>HT</b> 11:00-12p Nancy  <b>Boot Camp</b> 6:00p Ray</p>	<p><b>11</b></p> <p><b>Aqua Energy</b> 6a Brenda <b>Aqua Energy</b> 9a Ruth <b>WW &amp; Sculpt</b> 10a Ruth <b>H2O Sweat &amp; Run</b> 4:30p Ruth <b>Arthritis Plus</b> 5:30p Thelma <b>Aqua Energy</b> 6:30p-7:30p Billie</p>	<p><b>12</b></p> <p><b>Fitness Swim</b> 6am Brittney <b>Boot Camp</b> 8:30a Nancy <b>H2O Sweat &amp; Run</b> 9:30a Ruth</p>	<p><b>13</b></p> <p><b>Power Hour</b> 9am Dione</p> <p><b>Arthritis Plus</b> 10a Sandy</p>
<p><b>14</b></p> <p><b>Aqua Energy ☺</b> 4:00p Liz</p>	<p><b>15</b></p> <p><b>Splash Out</b> 8:30a Dione <b>Aqua Energy</b> 9:30a Dione <i>*Yoqua 10:30-11a Nancy</i> <i>*Stretch 11-11:30a Nancy</i> <b>Aqua Energy</b> 6:00-7:30p Billie</p>	<p><b>16</b></p> <p><b>Aqua Energy</b> 6:00a Brenda <b>Aqua Energy</b> 9:00aLiz <b>WW &amp; Sculpt</b> 10:00a Liz <b>Splash Out</b> 4:30p Dione</p> <p><b>Power Hour</b> 6:30p Dione</p>	<p><b>17</b></p> <p><b>Finning</b> 6a Brenda <b>Deep &amp; Strong H2O</b> 8:30a Nancy <b>Totally Rings</b> 9:30a Nancy <b>Yoqua</b> 10:30-11a Nancy <b>HT</b> 11:00-12p Nancy <b>Boot Camp</b> 6:00p Ray</p>	<p><b>18</b></p> <p><b>Aqua Energy</b> 6a Brenda <b>Cardio Circuit</b> 9a Ruth <b>Fluid Motion</b> 10a Ruth <b>Cardio Circuit</b> 4:30p Sandy <b>Arthritis Plus</b> 5:30p Sandy <b>Aqua Energy</b> 6:30p-7:30p Billie</p>	<p><b>19</b></p> <p><b>No Fitness Swim or 8:30am class today</b></p> <p><b>Totally Noodles</b> 9:30a Ruth</p>	<p><b>20</b></p> <p><b>Power Hour</b> 9am Terry</p> <p><b>Arthritis Plus</b> 10a Sandy</p>
<p><b>21</b></p> <p><b>Aqua Energy ☺</b> 4:00p Terry</p>	<p><b>22</b></p> <p><b>Deep H2O</b> 8:30a Dione <b>Aqua Energy</b> 9:30a Dione <b>Arthritis Plus</b> 10:30a Thelma</p> <p><b>Aqua Energy</b> 6:00-7:30p Billie</p>	<p><b>23</b></p> <p><b>Aqua Energy</b> 6a Brenda <b>Cardio Circuit</b> 9a Liz <b>Fluid Motion</b> 10:00a Liz <b>Splash Out</b> 4:30p Dione</p> <p><b>Power Hour</b> 6:30-7:30p Dione</p>	<p><b>24</b></p> <p><b>Finning</b> 6:00a Brenda <b>Aqua Step</b> 8:30a Nancy <b>Cardio Circuit</b> 9:30a Nancy <b>Yoqua</b> 10:30-11a Nancy <b>HT</b> 11:00-12p Nancy <b>BootCamp</b> 6:00p Ray</p>	<p><b>25</b></p> <p><b>Aqua Energy</b> 6a Brenda <b>Aqua Energy</b> 9a Ruth <b>WW &amp; Sculpt</b> 10a Ruth <b>Totally Rings</b> 4:30p Ruth <b>Arthritis Plus</b> 5:30p Thelma <b>Aqua Energy</b> 6:30p-7:30p Billie</p>	<p><b>26</b></p> <p><b>Fitness Swim</b> 6a Brittney <b>Boot Camp</b> 8:30a Nancy <b>H2O Sweat &amp; Run</b> 9:30a Ruth</p>	<p><b>27</b></p> <p><b>Power Hour</b> 9am Brenda</p> <p><b>Arthritis Plus</b> 10a Sandy</p>
<p><b>28</b></p> <p><b>Aqua Energy ☺</b> 4:00p Terry</p>	<p><b>29</b></p> <p><b>Splash Out</b> 8:30a Dione <b>Aqua Energy</b> 9:30a Dione <b>Arthritis Plus</b> 10:30a Thelma</p> <p><b>Aqua Energy</b> 6:00-7:30p Billie</p>	<p><b>30</b></p> <p><b>Aqua Energy</b> 6:00a Brenda <b>Aqua Energy</b> 9:00aLiz <b>WW &amp; Sculpt</b> 10:00a Liz <b>Splash Out</b> 4:30p Dione</p> <p><b>Power Hour</b> 6:30p Dione</p>	<p><b>31</b></p> <p><b>Finning</b> 6:00a Brenda <b>Power Hour</b> 8:30a Nancy <b>Totally Noodles</b> 9:30a Nancy <b>Yoqua</b> 10:30-11a Nancy <b>HT</b> 11:00-12p Nancy <b>Boot Camp</b> 6:00p Ray</p>			



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