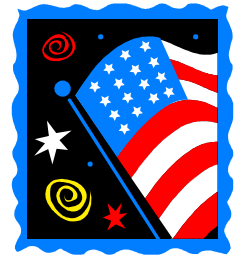

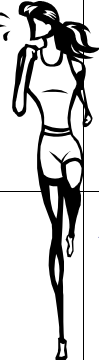


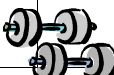




# July 2010 Water Fitness



Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

<p>THE HOT TUB WILL BE CLOSED ON <u>MONDAYS AND THURSDAYS</u> FROM 10pm TO 12 am FOR CLEANING. THE MAIN POOL WILL BE CLOSED ON <u>THURSDAYS</u> FROM 11 pm TILL 12 am FOR CLEANING. WE DO APOLOGIZE FOR ANY INCONVENIENCE THIS MAY CAUSE. <i>Sincerely, Aquatics Staff</i></p>				1 Aqua Energy 6:00a Bev Splash Out 9:30a Talia WW&FM 3:30p Muriel  Aqua Energy 6:30p Liz	2 Aqua Energy 6:00a Millie Cardio Circuit 9:30a Thelma	3 Aqua AKB+ 10:00a Fonz and Crew
4 FOURTH OF JULY Club Closes at 2pm Will re-open at 5 am July 5th. 	5 Aqua Energy 6:00a Millie Aqua Energy++ 9:00a Julie  Aqua Energy 6:30p Dione	6 Aqua Energy 6:00a Bev Power Hour 9:30a Talia H <sub>2</sub> O Arthritis 10:30a Talia WW & FM 3:30p Muriel Finning 6:30p Elisa H <sub>2</sub> O Bootcamp 7:30 Ray	7 Aqua Energy 6:00a Bev Splash Out 9:30a Stephanie  Power Hour 6:30p Frances	8 Aqua Energy 6:00a Bev Splash Out 9:30a Talia WW&FM 3:30p Muriel  Aqua AKB 6:30p Fonz and Crew	9 Aqua Energy 6:00a Millie Cardio Circuit 9:30a Thelma 	10 Aqua Energy 10:00a Dione
11 Power Hour 4:30p Frances	12 Aqua Energy 6:00a Brenda Aqua Energy++ 9:00a Julie  Aqua Energy 6:30p Dione	13 Aqua Energy 6:00a Bev Power Hour 9:30a Talia H <sub>2</sub> O Arthritis 10:30a - 11a Talia WW & FM 3:30p Muriel Finning 6:30p Elisa H <sub>2</sub> O Bootcamp 7:30 Ray	14 Aqua Energy 6:00a Bev Splash Out 9:30a Stephanie  Power Hour 6:30p Frances 	15 Aqua Energy 6:00a Bev Splash Out 9:30a Talia WW&FM 3:30p Muriel  Aqua Energy 6:30p Frances	16 Aqua Energy 6:00a Brenda Cardio Circuit 9:30a Thelma	17 Aqua AKB+ 10:00a Fonz and Crew
18 Power Hour 4:30p Frances 	19 Aqua Energy 6:00a Millie Aqua Energy++ 9:00a Julie  Aqua Energy 6:30p Dione	20 Aqua Energy 6:00a Bev Power Hour 9:30a Talia H <sub>2</sub> O Arthritis 10:30a - 11a Talia WW & FM 3:30p Muriel Finning 6:30p Elisa H <sub>2</sub> O Bootcamp 7:30 Ray 	21 Aqua Energy 6:00a Bev Splash Out 9:30a Stephanie  Power Hour 6:30p Frances	22 Aqua Energy 6:00a Bev Splash Out 9:30a Talia WW&FM 3:30p Muriel  Aqua AKB 6:30p Fonz and Crew	23 Aqua Energy 6:00a Brenda Cardio Circuit 9:30a Thelma	24 Aqua Energy 10:00a Liz
25 Power Hour 4:30p Liz	26 Aqua Energy 6:00a Millie Aqua Energy++ 9:00a Julie  Aqua Energy 6:30p Dione	27 Aqua Energy 6:00a Bev Power Hour 9:30a Talia H <sub>2</sub> O Arthritis 10:30a - 11a Talia WW & FM 3:30p Muriel Finning 6:30p Elisa H <sub>2</sub> O Bootcamp 7:30 Ray	28 Aqua Energy 6:00a Bev Splash Out 9:30a Stephanie  Power Hour 6:30p Frances	29 Aqua Energy 6:00a Bev Splash Out 9:30a Talia WW&FM 3:30p Muriel  Aqua Energy 6:30p Frances	30 Aqua Energy 6:00a Debbi Cardio Circuit 9:30a Thelma	31 Aqua AKB+ 10:00a Fonz and Crew
	<p>DON'T FORGET TO TAKE A NON-SOAP SHOWER BEFORE ENTERING THE POOL OR HOT TUB</p>		++-90 minute class +-75 minute class	  Stephanie K. Moore Aquatics Coordinator 804-261-1000	Water shoes with support and drinking water are recommended for all water fitness classes	