


FREDERICKSBURG CLUB WATER FITNESS SCHEDULE



July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*** U.S. Masters workout is posted on the dry-erase board</p> <p>Water Shoes and Water Bottles are highly recommended for all classes. PLEASE REMEMBER: NO FOOD, NO CAMERAS AND NO CELL PHONES IN THE WET AREA Please take a no-soap shower before using the pool or whirlpool.</p> <p>3rd Annual Rappahannock Challenge July 1st – 31st, 2010 – Register at the Front Desk</p>				1	2	3
4	5	6	7	8	9	10
 Independence Day Pool closes at 1:45pm	9:00am HC - Lucille 9:45am AbX - Lucille 10:30am MS - *** 12:30pm SO - Brenda 4:30pm PH - Liz 5:30pm Fin - Stephanie	5:30am PH - Lucille 9:00am AK - Liz 10:00am HB - Emily 12:30pm FM - Brenda 6:00pm MS - Lisa 7:30pm AZ - Carlos	9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 12:30am MS - *** 4:30pm CC - Liz 5:30pm Fin - Liz 7:00pm PH - Lucille	5:30am SO - Lucille 9:00am CC - Liz 9:30am MS - *** 12:30pm WW - Liz 6:30pm DH - Lucille	9:00am AE - Leigh 10:00am AZ - Carlos 11:00am BYOB - Pam 12:30pm SO - Brenda 4:30pm AS - Liz 7:00pm PH - Liz	8:45am Begin MS - Lizzi 9:00am SO - Liz 9:15am MS - Lizzi 10:00am S&F-Stephanie 10:30am BYOB -Lizzi
11	12	13	14	15	16	17
4:00pm Family PH – Liz	9:00am HC - Lucille 9:45am AbX - Lucille 10:30am MS - Lizzi 12:30pm SO - Brenda 4:30pm PH - Liz 5:30pm Fin - Stephanie	5:30am PH - Lucille 9:00am AK - Liz 10:00am HB - Macey 12:30pm FM - Brenda 6:00pm MS - Lisa 7:30pm AZ - Carlos	9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 12:30am MS - Lizzi 4:30pm CC - Liz 5:30pm Fin - Liz 7:00pm PH - Macey	5:30am SO - Pam 9:00am PH - Liz 9:30am MS - Lizzi 12:30pm WW - Liz 6:30pm DH - Macey	9:00am AE - Emily 10:00am AZ - Carlos 11:00am BYOB - Lizzi 12:30pm SO - Brenda 4:30pm AK - Liz 7:00pm PH - Liz	8:45am Begin MS - Lizzi 9:00am SO - Leigh 9:15am MS - Lizzi 10:30am BYOB -Lizzi
18	19	20	21	22	23	24
4:00pm Family PH – Liz	9:00am HC - Pam 9:45am AbX - Pam 10:30am MS - Lizzi 12:30pm SO - Brenda 4:30pm PH - Liz 5:30pm Fin - Stephanie	5:30am PH - Lucille 9:00am AK - Liz 10:00am HB -Macey 12:30pm FM - Brenda 6:00pm MS - Lisa 7:30pm AZ - Carlos	9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 12:30am MS - Lizzi 4:30pm CC - Liz 5:30pm Fin - Liz 7:00pm PH - Macey	5:30am SO - Lucille 9:00am CC - Liz 9:30am MS - Lizzi 12:30pm WW - Liz 6:30pm DH - Macey	9:00am AE - Leigh 10:00am AZ - Carlos 11:00am BYOB -Lizzi 12:30pm SO - Brenda 4:30pm AS - Liz 7:00pm PH - Liz	8:45am Begin MS - Lizzi 9:00am SO - Macey 9:15am MS - Lizzi 10:00am S&F-Stephanie 10:30am BYOB -Lizzi
25	26	27	28	29	30	31
4:00pm Family PH – Liz	9:00am HC - Pam 9:45am AbX - Pam 10:30am MS - Lizzi 12:30pm SO - Brenda 4:30pm PH - Liz 5:30pm Fin - Stephanie	5:30am PH - Lucille 9:00am AK - Liz 10:00am HB -Macey 12:30pm FM - Brenda 6:00pm MS - Lisa 7:30pm AZ - Carlos	9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 12:30am MS - Lizzi 4:30pm CC - Liz 5:30pm Fin - Liz 7:00pm PH - Macey	5:30am SO - Lucille 9:00am PH - Liz 9:30am MS - Lizzi 12:30pm WW - Liz 6:30pm DH - Macey	9:00am AE - Emily 10:00am AZ - Carlos 11:00am BYOB -Lizzi 12:30pm SO - Brenda 4:30pm AK - Liz 7:00pm PH - Liz	8:45am Begin MS - Lizzi 9:00am SO - Liz 9:15am MS - Lizzi 10:30am BYOB -Lizzi