


July 2010

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Appropriate swim attire only in pool & spa</p>	<p>You have the fun; let us do the work... Ask about our Birthday/Pool Parties! Book early to reserve your date</p>	<p>*Note: Summer Time Changes Tues & Thurs @ 7:30 AM FS 8:30 AM WF</p>	<p>SPIN & FIN IS BACK FOR THE SUMMER! Land Cycling & Water Combo (see description for details)</p>	<p>1 5:45 Jason FitSwim 7:30 Jason FitSwim 8:30 Liz AE <i>Sandy:</i> 10:30 Arthritis Aqua+ 12-1:30 HT Mark <i>Christi:</i> 5:30 Aqua Energy</p>	<p>2 5:30 George Splash Out <i>Lisa:</i> 9:30 FM 10:00 H₂O Boot Camp 5:30 H₂O Boot Camp Liz</p>	<p>3 <i>Liz:</i> 8:30 AE 9:30 Pwr 1/2 Hr <i>Sandy:</i> 12:00 AE Exp 12:30 Ai Chi</p>
<p>4  <i>Club Closes at 2 pm</i></p>	<p>5 5:30 George Power Hour <i>Christi:</i> 9:30 Fluid Movement 10:00 AE <i>Barb:</i> 5:00 H₂O Boot Camp 6:00 AE George</p>	<p>6 *7:30 Jason FitSwim <i>Heidi:</i> 8:30 Deep H₂O <i>Barb:</i> 10:30 Totally Noodles 12-1:30 Barb HT <i>Liz:</i> 5:30 Power Hr 6:30 Fin 7:00 Vlyball H₂O Jason</p>	<p>7 5:30 George PH <i>Lisa:</i> 9:00 WW 10:00 AE <i>Christi:</i> 5:30 Cardio Circuit 6:30 Fluid Movement 6:30 Spin & Fin Shurelle 7:00 FitSwim Jason</p>	<p>8 5:45 Jason FS 7:30 Jason FS 8:30 Heidi AE <i>Richard:</i> 10:30 Arthritis Aqua+ 12-1:30 HT Mark <i>Liz:</i> 5:30 Aqua Energy</p>	<p>9 5:30 George Splash Out <i>Christi:</i> 9:30 FM 10:00 Cardio Circuit 5:30 H₂O Boot Camp Shurelle</p>	<p>10 <i>George:</i> 8:30 AE 9:30 Pwr 1/2 Hr <i>Sandy:</i> 12:00 AE Exp 12:30 Ai Chi</p>
<p>11 <i>Sandy:</i> 3:30 Splash Out 4:30 Arthritis Aqua +</p>	<p>12 5:30 George Power Hour <i>Christi:</i> 9:30 Sculpt & Stretch 10:00 AE <i>Liz:</i> 5:00 H₂O Boot Camp 6:00 AE George</p>	<p>13 *7:30 Jason FS <i>Heidi:</i> 8:30 Deep H₂O <i>Atika:</i> 10:30 Totally Noodles 12-1:30 Atika HT <i>Nijah:</i> 5:30 Power Hr 6:30 Fin 7:00 Vlyball H₂O Jason</p>	<p>14 5:30 George PH <i>Liz:</i> 9:00 WW 10:00 AE <i>Sandy:</i> 5:30 Cardio Circuit 6:30 Arthritis Aqua + 7:00 FitSwim Jill</p>	<p>15 5:45 Jason FS 7:30 Jason FS 8:30 Atika AE <i>Sandy:</i> 10:30 Arthritis Aqua+ 12-1:30 HT Mark <i>George:</i> 5:30 Aqua Energy</p>	<p>16 5:30 George Splash Out <i>Lisa:</i> 9:30 FM 10:00 H₂O Boot Camp 5:30 H₂O Boot Camp Liz</p>	<p>17 <i>George:</i> 8:30 AE 9:30 H₂O Boot Camp</p>
<p>18 <i>Barbara:</i> 3:30 Splash Out 4:30 FM Exp</p>	<p>19 5:30 George Power Hour <i>Christi:</i> 9:30 FM 10:00 AE <i>Atika:</i> 5:00 H₂O Boot Camp 6:00 AE George</p>	<p>20 *7:30 Jason FS <i>Atika:</i> 8:30 Deep H₂O <i>Barb:</i> 10:30 Totally Noodles 12-1:30 Barb HT <i>Nijah:</i> 5:30 Power Hour 6:30 Fin 7:00 Vlyball H₂O Chad</p>	<p>21 5:30 George PH <i>Christi:</i> 9:00 WW 10:00 AE <i>Sandy:</i> 5:30 Cardio Circuit 6:30 Arthritis Aqua + 6:30 Spin & Fin Shurelle 7:00 FitSwim Chad</p>	<p>22 5:45 Jason FS 7:30 Jason FS 8:30 Atika AE <i>Richard:</i> 10:30 Arthritis Aqua+ 12-1:30 HT Mark <i>George:</i> 5:30 Aqua Energy</p>	<p>23 5:30 George Splash Out <i>Lisa:</i> 9:30 FM 10:00 Cardio Circuit 5:30 H₂O Boot Camp George</p>	<p>24 <i>Atika:</i> 8:30 AE 9:30 H₂O Run Exp <i>Sandy:</i> 12:00 AE Exp 12:30 Ai Chi</p>
<p>25 <i>Christi:</i> 3:30 Splash Out 4:30 FM Exp</p>	<p>26 5:30 George PH <i>Christi:</i> 9:30 Sculpt & Stretch 10:00 AE <i>Liz:</i> 5:00 H₂O Boot Camp 6:00 AE George</p>	<p>27 7:30 Jason FS <i>Heidi:</i> 8:30 Deep H₂O <i>Atika:</i> 10:30 Totally Noodles 12-1:30 Atika HT <i>Nijah:</i> 5:30 Power Hr 6:30 Fin 7:00 Vlyball H₂O Chad ©</p>	<p>28 5:30 George PH <i>Heidi:</i> 9:00 WW 10:00 AE <i>Sandy:</i> 5:30 Cardio Circuit 6:30 Arthritis Aqua + 7:00 FitSwim Chad</p>	<p>29 5:45 Jason FS 7:30 Jason FS 8:30 Liz AE <i>Sandy:</i> 10:30 Arthritis Aqua+ 12-1:30 HT Mark <i>Christi :</i> 5:30 Aqua Energy</p>	<p>30 5:30 George Splash Out <i>Christi:</i> 9:30 FM 10:00 Cardio Circuit 5:30 H₂O Boot Camp Liz</p>	<p>31 <i>Shurelle:</i> 8:30 AE 9:30 H₂O Step Exp <i>Sandy:</i> 12:00 AE Exp 12:30 Ai Chi</p>