

# FREDERICKSBURG CLUB WATER FITNESS SCHEDULE



## August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 4:00pm Family PH – Lucille	2 9:00am DH - Pam 10:30am MS - Lizzi 12:30pm SO - Brenda 4:30pm PH - Lucille 5:30pm Fin - Macey	3 5:30am PH - Lucille 9:00am AK - Pam 10:00am HB - Macey 12:30pm FM - Brenda 7:30pm AZ - Carlos	4 9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 12:30pm MS - Lizzi 4:30pm CC - Macey 6:00pm MS - Max 7:00pm PH - Pam	5 5:30am SO - Lucille 9:00am CC - Liz 9:30am MS - Lizzi 12:30pm WW - Liz 6:30pm HB - Macey	6 9:00am AE - Emily 10:00am AZ - Carlos 11:00am BYOB - Lizzi 12:30pm SO - Brenda 4:30pm AS - Liz 7:00pm PH - Liz	7 8:45am Begin MS - Lizzi 9:00am SO - Macey 9:15am MS - Lizzi 10:30am BYOB -Lizzi
8 4:00pm Family PH – Liz	9 9:00am HC - Lucille 9:45am AbX - Lucille 10:30am MS - Lizzi 12:30pm SO - Brenda 4:30pm PH - Liz 5:30pm Fin - Macey	10 5:30am PH - Lucille 9:00am AK - Liz 10:00am HB - Macey 12:30pm FM - Brenda 7:30pm AZ - Carlos	11 9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 12:30pm MS - Lizzi 4:30pm CC - Liz 6:00pm MS - Max 7:00pm PH - Lucille	12 5:30am SO - Lucille 9:00am PH - Liz 9:30am MS - Lizzi 12:30pm WW - Liz 6:30pm DH - Macey	13 9:00am AE - Leigh 10:00am AZ - Carlos 11:00am BYOB - Lizzi 12:30pm SO - Brenda 4:30pm AK - Liz 7:00pm PH - Liz	14 8:45am Begin MS - Lizzi 9:00am SO - Brenda 9:15am MS - Lizzi 10:30am BYOB -Lizzi
15 4:00pm Family PH – Liz	16 9:00am DH - Pam 10:30am MS - Lizzi 12:30pm SO - Brenda 4:30pm PH - Liz 5:30pm Fin - Stephanie	17 5:30am PH - Lucille 9:00am AK - Liz 10:00am HB - Macey 12:30pm FM - Brenda 7:30pm AZ - Carlos	18 9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 12:30pm MS - Lizzi 4:30pm CC - Liz 6:00pm MS - Max 7:00pm PH - Liz	19 9:00am CC - Liz 9:30am MS - Lizzi 12:30pm WW - Liz 6:30pm HB - Macey	20 9:00am AE - Leigh 10:00am AZ - Carlos 11:00am BYOB - Lizzi 12:30pm SO - Brenda 4:30pm AS - Liz 7:00pm PH - Liz	21 8:45am Begin MS - Lizzi 9:00am SO - Pam 9:15am MS - Lizzi 10:00am S&F-Stephanie 10:30am BYOB -Lizzi
22 4:00pm Family PH – Liz	23 9:00am HC - Lucille 9:45am AbX - Lucille 10:30am MS - Lizzi 12:30pm SO - Brenda 4:30pm PH - Liz 5:30pm Fin - Stephanie	24 5:30am PH - Lucille 9:00am AK - Liz 10:00am HB - Macey 12:30pm FM - Brenda 7:30pm AZ - Carlos	25 9:00am AE - Emily 10:00am PH - Emily 12:30pm SO - Brenda 12:30pm MS - Lizzi 4:30pm CC - Liz 6:00pm MS - Max 7:00pm PH - Lucille	26 5:30am SO - Lucille 9:00am PH - Liz 9:30am MS - Lizzi 12:30pm WW - Liz 6:30pm DH - Macey	27 9:00am AE - Leigh 10:00am AZ - Carlos 11:00am BYOB - Lizzi 12:30pm SO - Brenda 4:30pm AK - Liz 7:00pm PH - Liz	28 8:45am Begin MS - Lizzi 9:00am SO - Pam 9:15am MS - Lizzi 10:30am BYOB -Lizzi
29 4:00pm Family PH – Liz	30 9:00am DH - Pam 10:30am MS - Lizzi 12:30pm SO - Brenda 4:30pm PH - Liz 5:30pm Fin - Stephanie	31 5:30am PH - Lucille 9:00am AK - Liz 10:00am HB - Macey 12:30pm FM - Brenda 7:30pm AZ - Carlos	<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.</p> <p><b>PLEASE REMEMBER: NO FOOD, NO CAMERAS AND NO CELL PHONES IN THE WET AREA</b></p> <p>Please take a no-soap shower before using the pool or whirlpool.</p> <p>Phone (540) 898-6111 <span style="float: right;">www.amfamfit.com</span></p>			



'Road Trip' is the name of AFF Fredericksburg's 2010 Children's Hospital Fundraiser, formerly known as **PLAY**. Road Trip is a group exercise program facilitating member-to-member interaction and full use of the club. The Road Trip program begins Sunday, August 1<sup>st</sup>, 2010 at 9:00 am and ends Thursday September 30<sup>th</sup>, 2010 at 9:00 pm. Please see the Front Desk for more information.