










**\*\*JOIN TALIA EVERY TUESDAY FOR H2O ARTHRITIS\*\***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 <b>Power Hour</b> 4:30p Frances</p> 	<p>2 <b>Aqua Energy</b> 6:00a Millie <b>Aqua Energy++</b> 9:00a Julie</p> <p><b>Aqua Energy</b> 6:30p Dione</p>	<p>3 <b>Aqua Energy</b> 6:00a Bev <b>Power Hour</b> 9:30a Talia <b>H2O Arthritis</b> 10:30a Talia WW &amp; FM 3:30p Muriel Finning 6:30p Elisa <b>H2O Bootcamp</b> 7:30 Ray</p>	<p>4 <b>Aqua Energy</b> 6:00a Bev <b>Splash Out</b> 9:30a Stephanie</p> <p><b>Power Hour</b> 6:30p Frances</p>	<p>5 <b>Aqua Energy</b> 6:00a Bev <b>Splash Out</b> 9:30a Talia WW&amp;FM 3:30p Muriel</p> <p><b>Aqua Energy</b> 6:30p Frances</p>	<p>6 <b>Aqua Energy</b> 6:00a Brenda <b>Cardio Circuit</b> 9:30a Thelma</p>	<p>7 <b>Aqua AKB+</b> 10:00a Fonz and Crew</p> 
<p>8 <b>Power Hour</b> 4:30p Liz</p>	<p>9 <b>Aqua Energy</b> 6:00a Brenda</p> <p><b>Aqua Energy++</b> 9:00a Julie</p> <p><b>Aqua Energy</b> 6:30p Dione</p>	<p>10 <b>Aqua Energy</b> 6:00a Bev <b>Power Hour</b> 9:30a Talia <b>H2O Arthritis</b> 10:30a Talia WW &amp; FM 3:30p Muriel Finning 6:30p Elisa <b>H2O Bootcamp</b> 7:30 Ray</p> 	<p>11 <b>Aqua Energy</b> 6:00a Bev <b>Splash Out</b> 9:30a Stephanie</p> <p><b>Power Hour</b> 6:30p Frances</p>	<p>12 <b>Aqua Energy</b> 6:00a Bev <b>Splash Out</b> 9:30a Talia WW&amp;FM 3:30p Muriel</p> <p><b>Aqua AKB+</b> 6:30p Fonz and Crew</p>	<p>13 <b>Aqua Energy</b> 6:00a Millie <b>Cardio Circuit</b> 9:30a Thelma</p>	<p>14 <b>Aqua Energy</b> 10:00a Dione</p>
<p>15 <b>Power Hour</b> 4:30p Stephanie</p>	<p>16 <b>Aqua Energy</b> 6:00a Millie <b>Aqua Energy++</b> 9:00a Julie</p> <p><b>Aqua Energy</b> 6:30p Dione</p>	<p>17 <b>Aqua Energy</b> 6:00a Bev <b>Power Hour</b> 9:30a Talia <b>H2O Arthritis</b> 10:30a - 11a Talia WW &amp; FM 3:30p Muriel <b>Advanced Finning</b> 6:30p Millie <b>H2O Bootcamp</b> 7:30 Ray</p> 	<p>18 <b>Aqua Energy</b> 6:00a Bev <b>Splash Out</b> 9:30a Stephanie</p> <p><b>Power Hour</b> 6:30p Liz</p>	<p>19 <b>Aqua Energy</b> 6:00a Bev <b>Splash Out</b> 9:30a Talia WW&amp;FM 3:30p Muriel</p> <p><b>Aqua Energy</b> 6:30p Liz</p>	<p>20 <b>Aqua Energy</b> 6:00a Millie <b>Cardio Circuit</b> 9:30a Thelma</p>	<p>21 <b>Aqua AKB+</b> 10:00a Fonz and Crew</p> 
<p>22 <b>Power Hour</b> 4:30p Liz</p> 	<p>23 <b>Aqua Energy</b> 6:00a Millie <b>Aqua Energy++</b> 9:00a Julie</p> <p><b>Aqua Energy</b> 6:30p Dione</p>	<p>24 <b>Aqua Energy</b> 6:00a Bev <b>Power Hour</b> 9:30a Talia <b>H2O Arthritis</b> 10:30a - 11a Talia WW &amp; FM 3:30p Muriel Finning 6:30p Elisa <b>H2O Bootcamp</b> 7:30 Ray</p>	<p>25 <b>Aqua Energy</b> 6:00a Bev <b>Splash Out</b> 9:30a Stephanie</p> <p><b>Power Hour</b> 6:30p Frances</p>	<p>26 <b>Aqua Energy</b> 6:00a Bev <b>Splash Out</b> 9:30a Talia WW&amp;FM 3:30p Muriel</p> <p><b>Aqua AKB +</b> 6:30p Fonz and Crew</p>	<p>27 <b>Aqua Energy</b> 6:00a Millie <b>Cardio Circuit</b> 9:30a Thelma</p>	<p>28 <b>Aqua Energy</b> 10:00a Liz</p>
<p>29 <b>Power Hour</b> 4:30p Frances</p>	<p>30 <b>Aqua Energy</b> 6:00a Millie <b>Aqua Energy++</b> 9:00a Julie</p> <p><b>Aqua Energy</b> 6:30p Dione</p>	<p>31 <b>Aqua Energy</b> 6:00a Bev <b>Power Hour</b> 9:30a Thelma <b>Fluid Motion</b> 10:30a - 11a Thelma WW &amp; FM 3:30p Muriel <b>Advanced Finning</b> 6:30p Millie <b>H2O Bootcamp</b> 7:30 Ray</p> 			<p><b>DON'T FORGET TO TAKE A NON-SOAP SHOWER BEFORE ENTERING THE POOL OR HOT TUB</b></p>	
<p><b>THE HOT TUB WILL BE CLOSED ON MONDAYS AND THURSDAYS FROM 10pm TO 12 am FOR CLEANING. THE MAIN POOL WILL BE CLOSED ON THURSDAYS FROM 11 pm TILL 12 am FOR CLEANING. WE DO APOLOGIZE FOR ANY INCONVENIENCE THIS MAY CAUSE.</b></p> <p>Sincerely, Aquatics Staff</p>			<p>++-90 minute class</p> <p>+--75 minute class</p>	 <p>Stephanie K. Moore Aquatics Coordinator 804-261-1000</p>	<p>Water shoes with support and drinking water are recommended for all water fitness classes</p> 