



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