



Water Fitness Schedule

Swift Creek Club

August 2010

804-763-1111
www.amfamfit.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Aqua Energy ☺ 4:00p Liz	2 Shallow2Deep 8:30a Linda Aqua Energy 9:30a Linda <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10:30a Thelma </div> Aqua Energy 6:00-7:30p Billie	3 Aqua Energy 6:00a Brenda Aqua Energy 9:00a Liz WW & Sculpt 10:00aLiz Splash Out 4:30p Dione Power Hour 6:30p Dione	4 Finning 6:00a Brenda Triple Circuit 8:30a Nancy Power Hour 9:30a Nancy Yoqua 10:30-11a Nancy HT 11-12p Nancy Boot Camp 6:00p Ray	5 Aqua Energy 6a Brenda Totally Noodles 9a Ruth Aqua Energy Lite 10a Ruth <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 5:30p Thelma </div> Aqua Energy 6:30p-7:30p Terry	6 Fitness Swim 6a Brittney Boot Camp 8:30a Nancy Aqua Step 9:30a Nancy	7 Power Hour 9am Dione <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10a Sandy </div>	
8 Aqua Energy ☺ 4:00p Terry <div style="border: 1px solid black; padding: 2px; font-size: small;"> Please remember NO FOOD, NO CAMERAS and NO CELL PHONES in the wet area. </div>	9 Splash Out 8:30a Dione Aqua Energy 9:30a Dione <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10:30a Thelma </div> Aqua Energy 6:00-7:30p Billie	10 Aqua Energy 6a Brenda Triple Circuit 9a Nancy Stretch Fusion 10:00a Nancy Splash Out 4:30p Dione Power Hour 6:30-7:30p Dione	11 Finning 6:00a Brenda Shallow2Deep 8:30a Nancy Totally Noodles 9:30a Nancy Yoqua 10:30-11a Thelma HT 11:00-12p Thelma Boot Camp 6:00p Ray	12 Aqua Energy 6a Brenda Aqua Energy 9a Ruth Fluid Motion 10a Ruth <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 5:30p Thelma </div> Aqua Energy 6:30p-7:30p Terry	13 Fitness Swim 6a Brittney Boot Camp 8:30a Debi H2O Sweat & Run 9:30a Ruth	14 Power Hour 9am Terry <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10a Thelma </div>	
15 Aqua Energy ☺ 4:00p Terry	16 Splash Out 8:30a Dione Aqua Energy 9:30a Dione <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10:30a Thelma </div> Aqua Energy 6:00-7:30p Billie	17 Aqua Energy 6:00a Brenda Shallow2Deep 9:00a Brenda WW & Sculpt 10:00aBrenda Splash Out 4:30p Dione Power Hour 6:30p Dione	18 Finning 6a Brenda Zone Training 8:30a Nancy Aqua Zumba 9:30a Nancy Yoqua 10:30-11a Nancy HT 11:00-12p Nancy Boot Camp 6:00p Ray	19 Aqua Energy 6a Brenda Totally Rings 9a Ruth Aqua Energy Lite 10a Ruth <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 5:30p Thelma </div> Aqua Energy 6:30p-7:30p Debi	20 Fitness Swim 6a Brittney Boot Camp 8:30a Nancy Aqua Energy 9:30a Ruth	21 Power Hour 9am Dione <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10a Sandy </div>	
22 Aqua Energy ☺ 4:00p Terry	23 Splash Out 8:30a Dione Aqua Energy 9:30a Dione <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10:30a Thelma </div> Aqua Energy 6:00-7:30p Billie	24 Aqua Energy 6a Brenda Aqua Energy 9a Debi Aqua Energy Lite 10:00a Debi Splash Out 4:30p Dione Power Hour 6:30-7:30p Dione	25 Finning 6:00a Brenda Aqua Step 8:30a Nancy Triple Circuit 9:30a Nancy Yoqua 10:30-11a Nancy HT 11:00-12p Nancy BootCamp 6:00p Ray	26 Aqua Energy 6a Brenda Aqua Energy 9a Ruth Fluid Motion 10a Ruth <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 5:30p Thelma </div> Aqua Energy 6:30p-7:30p Billie	27 Fitness Swim 6am Brittney Boot Camp 8:30a Debi Aqua Zumba 9:30a Nancy	28 Power Hour 9am Dione <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10a Sandy </div>	
29 Aqua Energy ☺ 4:00p Debi	30 Shallow2Deep 8:30a Linda Aqua Energy 9:30a Linda <div style="border: 1px solid black; border-radius: 10px; padding: 2px; display: inline-block;"> Arthritis Plus 10:30a Thelma </div> Aqua Energy 6:00-7:30p Billie	31 Aqua Energy 6:00a Brenda Triple Circuit 9:00a Nancy Stretch Fusion 10:00a Nancy Splash Out 4:30p Dione Power Hour 6:30p Dione	<i>Need more information about any of our water fitness classes?</i> Contact Nancy Aden at naden@amfamfit.com			Please take a NON-SOAP shower prior to entering any of the POOLS and the HOT TUB	



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