



Water Fitness Schedule

Swift Creek Club

July 2010

804-763-1111
www.amfamfit.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Questions about classes? Contact Nancy Aden, Director of Aquatics</p>				<p>1</p> <p>Aqua Energy 6a Brenda Totally Noodles 9a Ruth Aqua Energy Lite 10a Ruth Arthritis Plus 5:30p Thelma Aqua Energy 6:30p Debi</p>	<p>2</p> <p>Fitness Swim 6a Brittney Boot Camp 8:30a Nancy Aqua Energy 9:30a Ruth</p>	<p>3</p> <p>Power Hour 9am Dione</p> <p>Arthritis Plus 10a Sandy</p>
<p>4</p> <p>Happy 4th!</p> <p>No class today Club closes at 2pm</p>	<p>5</p> <p>Shallow2Deep 8:30a Linda Aqua Energy 9:30a Linda Arthritis Plus 10:30a Thelma</p> <p>Aqua Energy 6:00-7:30p Billie</p>	<p>6</p> <p>Aqua Energy 6a Brenda Triple Circuit 9a Brenda Aqua Energy Lite 10:00a Brenda Splash Out 4:30p Dione Power Hour 6:30-7:30p Dione</p>	<p>7</p> <p>Finning 6:00a Brenda Splash Out 8:30a Dione Power Hour 9:30a Dione Yoqua 10:30-11a Thelma HT 11:00-12p Thelma Boot Camp 6:00p Ray</p>	<p>8</p> <p>Aqua Energy 6a Brenda Aqua Energy 9a Ruth Fluid Motion 10a Ruth Arthritis Plus 5:30p Thelma Aqua Energy 6:30p Billie</p>	<p>9</p> <p>Fitness Swim 6am Brittney Boot Camp 8:30a Debbi H2O Sweat & Run 9:30a Ruth</p>	<p>10</p> <p>Power Hour 9am Debi</p> <p>Arthritis Plus 10a Sandy</p>
<p>11</p> <p>Aqua Energy ☺ 4:00p Liz</p>	<p>12</p> <p>Splash Out 8:30a Dione Aqua Energy 9:30a Dione Yoqua 10:30 Nancy Aqua Energy 6:00-7:30p Billie</p>	<p>13</p> <p>Aqua Energy 6:00a Brenda Aqua Energy 9:00a Liz WW & Sculpt 10:00aLiz Splash Out 4:30p Dione</p> <p>Power Hour 6:30p Dione</p>	<p>14</p> <p>Finning 6a Brenda Zone Training 8:30a Nancy Aqua Step 9:30a Nancy Yoqua 10:30-11a Nancy HT 11:00-12p Nancy Boot Camp 6:00p Ray</p>	<p>15</p> <p>Aqua Energy 6a Brenda Totally Rings 9a Ruth Aqua Energy Lite 10a Ruth Arthritis Plus 5:30p Thelma Aqua Energy 6:30p Linda</p>	<p>16</p> <p>Fitness Swim 6a Brittney Boot Camp 8:30a Nancy Aqua Energy 9:30a Ruth</p>	<p>17</p> <p>Power Hour 9am Dione</p> <p>Arthritis Plus 10a Thelma</p>
<p>18</p> <p>Aqua Energy ☺ 4:00p Terry</p>	<p>19</p> <p>Shallow2Deep 8:30a Linda Aqua Energy 9:30a Linda Arthritis Plus 10:30a Thelma</p> <p>Aqua Energy 6:00-7:30p Billie</p>	<p>20</p> <p>Aqua Energy 6a Brenda Cardio Circuit 9a Liz Aqua Energy Lite 10:00a Liz Splash Out 4:30p Dione</p> <p>Power Hour 6:30-7:30p Dione</p>	<p>21</p> <p>Finning 6:00a Brenda Aqua Step 8:30a Nancy Aqua Zumba 9:30a Nancy Yoqua 10:30-11a Nancy HT 11:00-12p Nancy BootCamp 6:00p Ray</p>	<p>22</p> <p>Aqua Energy 6a Brenda Aqua Energy 9a Ruth Fluid Motion 10a Ruth Arthritis Plus 5:30p Thelma Aqua Energy 6:30p Billie</p>	<p>23</p> <p>Fitness Swim 6am Brittney Boot Camp 8:30a Debi H2O Sweat & Run 9:30a Ruth</p>	<p>24</p> <p>Power Hour 9am Terry</p> <p>Arthritis Plus 10a Sandy</p>
<p>25</p> <p>Aqua Energy ☺ 4:00p Liz</p>	<p>26</p> <p>Splash Out 8:30a Dione Aqua Energy 9:30a Dione Arthritis Plus 10:30a Thelma</p> <p>Aqua Energy 6:00-7:30p Billie</p>	<p>27</p> <p>Aqua Energy 6:00a Brenda Aqua Energy 9:00a Liz WW & Sculpt 10:00aLiz Splash Out 4:30p Dione</p> <p>Power Hour 6:30p Dione</p>	<p>28</p> <p>Finning 6:00a Brenda Triple Circuit 8:30a Nancy Totally Noodles 9:30a Nancy Yoqua 10:30-11a Nancy HT 11-12p Nancy Boot Camp 6:00p Ray</p>	<p>29</p> <p>Aqua Energy 6a Brenda Totally Rings 9a Ruth Aqua Energy Lite 10a Ruth Arthritis Plus 5:30p Thelma</p> <p>Aqua Energy 6:30p Terry</p>	<p>30</p> <p>Fitness Swim 6a Brittney Boot Camp 8:30a Debi Aqua Energy 9:30a Ruth</p>	<p>31</p> <p>Power Hour 9am Dione</p> <p>Arthritis Plus 10a Sandy</p>