

# Water Fitness Classes

The Schedule of water fitness classes has changed effective September 8, 2008

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:00 am Water Arthritis  <i>Nancy B.</i>		8:30-9:00 am Water Arthritis  <i>Nancy B.</i>		8:30-9:00 am Water Arthritis  <i>Nancy B.</i>
9:00-10:00 am Aqua- Aerobics  <i>Nancy B.</i>	9:00-10:00 am Aqua- Aerobics  <i>Kristen M.</i>	9:00-10:00 am Aqua- Aerobics  <i>Nancy B.</i>	9:00-10:00 am Aqua- Aerobics  <i>Nadia C.</i>	9:00-10:00 am Aqua- Aerobics  <i>Nancy B.</i>
6:15-7:15 pm Aqua-Jog  <i>Jill M.</i>	6:45-7:45 pm Aqua- Aerobics  <i>Jill M.</i>	6:15-7:15 pm Aqua-Jog  <i>Jill M.</i>	6:15-7:15 pm Aqua- Aerobics  <i>Maureen C.</i>	