

Thanksgiving 2009
Aquatic Aerobic Schedule
Nov. 23, 2009 – Nov. 28, 2009

Monday Nov. 23

9:30-10:15	Deep Water Interval	Sarah
10:15-11:00	Cardio Sculpt	Sarah
11:00-11:45	Twinges in Hinges	Jennifer
6:00-6:45	Deep Water	Mary Kay
6:45-7:00	Triathlon Training	Muriel

Tuesday Nov. 24

8:45-9:30	Aquafit	Lisa S
9:30-10:15	Waterfit Senior	Lisa S

Wenesday Nov. 25

9:30-10:15	Deep Water	Lisa H
10:15-11:00	Hydro Power	Lisa H
11:00-11:45	Twinges in Hinges	Jennifer

Saturday Nov. 28

8:15-9:15	H2O Boot Camp	Jennifer
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There are no group swim lessons from Nov. 23 – 30. Those times will be all open swim with lap lanes for lap swimmers.