

## November Aquatic Schedule

| Mon  | Tue   | Wed  | Thu   | Fri  | Sat  | Sun |
|--|---|--|---|--|--|-----|
| 6:30 am Aqua Fit Fat<br>Burners: Kathy Guthrie -<br>Warm Water Pool                | 6:30 am Aqua Flex &<br>Tone: Carol Hewitt - Warm<br>Water Pool  | 6:30 am Aqua Fit Fat<br>Burners: Kathy Guthrie -<br>Warm Water Pool                | 6:30 am Aqua Flex &<br>Tone: Carol Hewitt - Warm<br>Water Pool      | 6:30 am Aqua Fit Fat<br>Burners: Kathy Guthrie -<br>Warm Water Pool                |  |     |
| 9:00 am Aqua Flex &<br>Tone: Shelia Butler - Warm<br>Water Pool                    |   | 9:00 am Aqua Flex &<br>Tone: Shon McCormick -<br>Warm Water Pool                   |   |  |  |     |
| 10:00 am Aqua Fit Fat<br>Burners: Shelia Butler -<br>Warm Water Pool               |   | 10:00 am Aqua Aerobics:<br>Shon McCormick - Warm<br>Water Pool                     |   | 10:00 am Aqua Fit Fat<br>Burners: Kathy Guthrie -<br>Warm Water Pool               | 10:00 am Aqua Sculpt:<br>Carol Hewitt - Warm Water<br>Pool |     |
| 11:00 am Aqua Gentle<br>Joints Arthritis: Shelia<br>Butler - Warm Water Pool       | 11:00 am Aqua Sculpt:<br>Belinda Patterson - Warm<br>Water Pool | 11:00 am Aqua Gentle<br>Joints Arthritis: Shelia<br>Butler - Warm Water Pool       |   | 11:00 am Aqua Gentle<br>Joints Arthritis: Kathy<br>Guthrie - Warm Water Pool       |  |     |
| 12:00 pm Aqua Fit Fat<br>Burners: Kathy Guthrie -<br>Warm Water Pool               | 12:00 pm Aqua 3-2-1:<br>Belinda Patterson - Warm<br>Water Pool  | 12:00 pm Aqua Fit Fat<br>Burners: Shon McCormick<br>- Warm Water Pool              |   | 12:00 pm Aqua Fit Fat<br>Burners: Kathy Guthrie -<br>Warm Water Pool               |  |     |
| 3:00 pm Aqua Gentle<br>Joints Arthritis: Belinda<br>Patterson - Warm Water<br>Pool |   | 3:00 pm Aqua Gentle<br>Joints Arthritis: Belinda<br>Patterson - Warm Water<br>Pool |   | 3:00 pm Aqua Gentle<br>Joints Arthritis: Belinda<br>Patterson - Warm Water<br>Pool |  |     |
|  | 4:30 pm Aqua 3-2-1:<br>Kathy Guthrie - Warm<br>Water Pool       |  |   |  |  |     |
| 5:30 pm Aqua Flex &<br>Tone: Beverly Davenport -<br>Warm Water Pool                | 5:30 pm Aqua Sculpt:<br>Kathy Guthrie - Warm<br>Water Pool      |  | 5:30 pm Aqua Flex &<br>Tone: Beverly Davenport -<br>Warm Water Pool |  |  |     |