

July Aquatic Schedule

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