

October 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 Fit Fat<br>Burners: Kathy Guthrie -<br>Warm 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             |   | 9:00 am Aqua Flex &<br>Tone: Sue Hanson - Warm<br>Water Pool                 |  |     |
| 10:00 am Aqua Fit Fat<br>Burners: Shelia Butler -<br>Warm Water Pool         |   | 10:00 am Aqua Fit Fat<br>Burners: Shon McCormick<br>- Warm 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 Flex &<br>Tone: Shon McCormick -<br>Warm Water Pool   | 11:00 am Aqua Gentle<br>Joints Arthritis: Shelia<br>Butler - Warm Water Pool | 11:00 am Aqua Flex &<br>Tone: Shelia Butler - Warm<br>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 Fit Fat<br>Burners: Carol Hewitt -<br>Warm Water Pool | 12:00 pm Aqua Fit Fat<br>Burners: Shon McCormick<br>- Warm Water Pool        | 12:00 pm Aqua Fit Fat<br>Burners: Carol Hewitt -<br>Warm Water Pool | 12:00 pm Aqua Fit Fat<br>Burners: Kathy Guthrie -<br>Warm Water 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 |  |  |     |