

# NEW: WATER AEROBICS SCHEDULE STARTING IN FEBRUARY

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m. 6:30							
7:00 a.m. 7:30							
8:00 a.m. 8:45		SHALLOW WATER		SHALLOW WATER	SHALLOW WATER		8:15 SHALLOW WATER
9:00 a.m. 9:45		DEEP WATER	SHALLOW WATER	DEEP WATER	DEEP WATER	SHALLOW WATER	
10:00 a.m. 10:45		WATER WALKING		WATER WALKING		WATER WALKING	
11:30 a.m. 12:30 p.m.			ARTHRITIS		ARTHRITIS		
12:30 p.m. 1:15			MOVEMENT DISORDER		MOVEMENT DISORDER		
1:00 p.m. 1:30							
2:00 p.m. 2:30							
3:00 p.m. 3:30							
4:00 p.m. 4:30							
5:00 p.m. 5:30							
6:00 p.m. 6:45		DEEP WATER		DEEP WATER			