

Water Aerobics

**Classes will start on August 16th and run for 7 weeks. This schedule will be good through October 2nd
Sign-ups start on Monday, August 2nd for members and Wednesday August 4th for non-members**

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6:00am-6:55	Morning Power Hour <i>Instructed by:</i> Merrie		Morning Power Hour <i>Instructed by:</i> Merrie		Morning Power Hour <i>Instructed by:</i> Merrie
7:00am-7:55	Deep Water Aqua Movement <i>Instructed by:</i> Merrie		Deep Water Aqua Movement <i>Instructed by:</i> Merrie		Deep Water Aqua Movement <i>Instructed by:</i> Merrie
8:00am- 8:55	Morning Power Hour <i>Instructed by:</i> Merrie	Aqua Fit <i>Instructed by:</i> Merrie	Morning Power Hour <i>Instructed by:</i> Merrie	Aqua Fit <i>Instructed by:</i> Merrie	Morning Power Hour <i>Instructed by:</i> Merrie
9:00am- 9:55		Deep Water Aqua Movement <i>Instructed by:</i> Merrie		Deep Water Aqua Movement <i>Instructed by:</i> Merrie	
9:30am- 10:25	Water Arthritis <i>Instructed by:</i> Rex		Water Arthritis <i>Instructed by:</i> Rex		
10:30am - 11:25	Water Arthritis <i>Instructed by:</i> Rex		Water Arthritis <i>Instructed by:</i> Rex		
NEW TIME! 6:45pm - 7:40		Deep Water Power Hour <i>Instructed by:</i> Jenny/Karen		Deep Water Aqua Movement <i>Instructed by:</i> Jenny/Karen	

Cost of classes is per class per day of the week. For example if you take Aqua Fit on Tuesdays you pay \$17.50 member/\$24.50 non-member. If you want to take Aqua Fit on Tuesday and Thursday then the cost would be \$35 member/\$49 non-member.

8 participant minimum for all classes.

