



# Aquatic Group Exercise Water Fitness Class Schedule Spring Series 03/17/2008 – 06/15/2008

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>6:00am</b>	<b>Deep Water Workout</b> <i>Aloupi's</i>		<b>Deep Water Workout</b> <i>Aloupi's</i>		<b>Deep Water Workout</b> <i>Aloupi's</i>
<b>7:15am</b>	<b>Senior Aqua Fit</b> <i>Means</i>		<b>Senior Aqua Fit</b> <i>Means</i>		<b>Senior Aqua Fit</b> <i>Means</i>
<b>8:00am</b>	<b>Therapeutic Aqua Jog</b> <i>Means</i>		<b>Therapeutic Aqua Jog</b> <i>Means</i>		<b>Therapeutic Aqua Jog</b> <i>Means</i>
<b>8:30am</b>	<b>Deep Water Workout</b> <i>Aloupi's</i>		<b>Deep Water Workout</b> <i>Aloupi's</i>		<b>Deep Water Workout</b> <i>Aloupi's</i>
<b>11:00am</b>		<b>Joint Ventures</b> <i>Means</i>		<b>Joint Ventures</b> <i>Means</i>	
<b>12:00noon</b>		<b>Hi Lo H<sub>2</sub>O</b> <i>Means</i>		<b>Hi Lo H<sub>2</sub>O</b> <i>Means</i>	
<b>5:30pm</b>	<b>Aqua Aerobics</b> <i>Means</i>  <b>Deep Water Workout</b> <i>Means</i>		<b>Aqua Aerobics</b> <i>Means</i>  <b>Deep Water Workout</b> <i>Means</i>		
<b>6:30pm</b>		<b>Hi Lo H<sub>2</sub>O</b> <i>Means</i>		<b>Hi Lo H<sub>2</sub>O</b> <i>Means</i>	
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>