

JANAURY 2012

AQUA EXERCISE-POOL

HEALTHPLUS FITNESS CENTER

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:15 AM		Instructor's Choice STACEY	Water in Motion ROBIN	Water in Motion AMY	Water in Motion STACEY	Water in Motion SUSAN	Instructor's Choice 7 Maria 14 Robin 21 Susan 28 Lynne
11:00 AM		Stretch Your Body Arthritis Program STACEY		Stretch Your Body Arthritis Program AMY		Stretch Your Body Arthritis Program STACEY	
1:00 PM		Senior Water MARIA		Senior Water MARIA		Senior Water LAUREL	
5:30 PM		Water in Motion STACEY 2: TBA	Instructor's Choice LAUREL		Water in Motion ROBIN		

Schedules are due in the group room the last FRIDAY of the month.
