

SPRING 2010 AQUA FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fitness 6:45–7:45a Patty	Aqua Fitness 6:45–7:45a Debbie	Aqua Fitness 6:45–7:45a Patty	Aqua Fitness 6:45–7:45a Debbie	Aqua Fitness 6:45–7:45a Patty		
Arthritis 8:45–9:45a Brophy Pool Ruth		Arthritis 8:45–9:45a Brophy Pool Ruth		Arthritis 8:45–9:45a Brophy Pool Ruth		
Aqua Fitness 9:00–10:00a Shelley	Aqua Fitness 9:00–10:00a Shelly	Aqua Fitness 9:00–10:00a Linda	Aqua Fitness 9:00–10:00a Hildy	Aqua Fitness 9:00–10:00a Linda		Aqua Fitness 9:15–10:15a Shelly & Debbie
	VIP/PrePost Natal* 10:15–11:00a Shelly		VIP/PrePost Natal* 10:15–11:00a Hildy			
	Senior Aqua Fitness 11:00–12:00n Brophy Pool Ruth		Senior Aqua Fitness 11:00–12:00n Brophy Pool Ruth			
Aqua Fitness 6:15–7:15p Patty		Aqua Fitness 6:15–7:15p Patty		Aqua Deep Jog/Run 6:15–7:00p Shelly		

Call the Family Y for more information (226-8981 x165) or email Patty Kondub (pkondub@westporty.org) with questions. Updated 9/3

*Requires additional program fee.