

July Aquatic Fitness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:15am H2O Power/Deep/ Linda 11:30am Arthritis/ Linda	2 8:15am Basic Moves/ Pam 6:00pm Deep Water Basics/ Anna	3 10:15am Hydro Power/Deep/ Connie 11:30am Arthritis/ Connie NO 6 O'clock Shallow with Jessica	4 Happy 4th of July NO Aquatic Fitness Classes	5
6	7 8:15am Basic Moves/ Bonnie 9:30am Deep Combo/ Bonnie 6:00pm Deep Water Basics/ Anna	8 10:15am H2O Power/Deep/ Connie 11:30am Arthritis/ Connie	9 8:15am Basic Moves/ Pam 6:00pm Deep Water Basics/ Anna	10 10:15am Hydro Power/Deep/ Linda 11:30am Arthritis/ Linda 6:00pm 6 O'clock Shallow/ Jessica	11 8:15am Basic Moves/ Connie	12
13	14 8:15am Basic Moves/ Bonnie 9:30am Deep Combo/ Bonnie 6:00pm Deep Water Basics/ Anna	15 10:15am H2O Power/Deep/ Connie 11:30am Arthritis/ Connie	16 8:15am Basic Moves/ Pam 6:00pm Deep Water Basics/ Anna	17 10:15am Hydro Power/Deep/ Linda 11:30am Arthritis/ Linda 6:00pm 6 O'clock Shallow/ Jessica	18 8:15am Basic Moves/ Connie	19
20	21 8:15am Basic Moves/ Bonnie 9:30am Deep Combo/ Bonnie 6:00pm Deep Water Basics/ Anna	22 10:15am H2O Power/Deep/ Connie 11:30am Arthritis/ Connie	23 8:15am Basic Moves/ Pam 6:00pm Deep Water Basics/ Anna	24 10:15am Hydro Power/Deep/ Linda 11:30am Arthritis/ Linda 6:00pm 6 O'clock Shallow/ Jessica	25 8:15am Basic Moves/ Connie	26
27	28 8:15am Basic Move/ Bonnie 9:30am Deep Combo/ Bonnie 6:00pm Deep Water Basics/ Anna	29 10:15am H2O Power/Deep/ Connie 11:30am Arthritis/ Connie	30 8:15am Basic Moves/ Pam 6:00pm Deep Water Basics/ Anna			