OCTOBER

aquatics area

MONTHLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Gentleman's 11:00 - 11:45PM Instructor: Pool Closed Water Aerobics 1:00 - 1:45PM Instructor: Pool Closed 5:40 - 6:20PM Instructor: Pool Closed	2 Senior Splash 8:00 - 8:45AM Instructor: Pool Closed 9:00 - 9:45AM Instructor: Pool Closed	3 Water Aerobics 8:15 - 8:55AM Instructor: Pool Closed	4 NO CLASSES
5 Senior Splash 8:00 - 8:45AM Instructor: Pool Closed 9:00 - 9:45AM Instructor: Pool Closed	6 Gentleman's 11:00 - 11:45PM Instructor: Pool Closed Water Aerobics 1:00 - 1:45PM Instructor: Pool Closed 5:40 - 6:20PM Instructor: Pool CLosed	7 Senior Splash 8:00 - 8:45AM Instructor: Pool Closed 9:00 - 9:45AM Instructor: Pool CLosed	8 Gentleman's 11:00 - 11:45AM Instructor: Pool CLosed Water Aerobics 1:00 - 1:45PM Instructor: Pool Closed 5:40 - 6:20PM Instructor: Pool Closed	9 Senior Splash 8:00 - 8:45AM Instructor: Pool Closed 9:00 - 9:45AM Instructor: Pool Closed	10 Water Aerobics 8:15 - 8:55AM Instructor: Pool Closed	11 NO CLASSES
12 Senior Splash 8:00 - 8:45AM Instructor: Pool Closed 9:00 - 9:45AM Instructor: Pool Closed	13 Gentleman's 11:00 - 11:45AM Instructor: Abby Water Aerobics 1:00 - 1:45PM Instructor: Roopa 5:40 - 6:20PM Instructor: Davina	14 Senior Splash 8:00 - 8:45AM Instructor: Sue 9:00 - 9:45AM Instructor: Sue	15 Gentleman's 11:00 - 11:45AM Instructor: Abby Water Aerobics 1:00 - 1:45PM Instructor: Sue 5:40 - 6:20PM Instructor: Davina	16 Senior Splash 8:00 - 8:45AM Instructor: Sue 9:00 - 9:45AM Instructor: Sue	17 Water Aerobics 8:15 - 8:55AM Instructor: Sue	18 NO CLASSES
19 Senior Splash 8:00 - 8:45AM Instructor: Hyley 9:00 - 9:45AM Instructor: Hyley	20 Gentleman's 11:00 - 11:45AM Instructor: Abby Water Aerobics 1:00 - 1:45PM Instructor: Roopa 5:40 - 6:20PM Instructor: Davina	21 Senior Splash 8:00 - 8:45AM Instructor: Sue 9:00 - 9:45AM Instructor: Sue	22 Gentleman's 11:00 - 11:45AM Instructor: Abby Water Aerobics 1:00 - 1:45PM Instructor: Sue 5:40 - 6:20PM Instructor: Davina	23 Senior Splash 8:00 - 8:45AM Instructor: Sue 9:00 - 9:45AM Instructor: Sue	24 Water Aerobics 8:15 - 8:55AM Instructor: Hyley	25 NO CLASSES
26 Senior Splash 8:00 - 8:45AM Instructor: Hyley 9:00 - 9:45AM Instructor: Hyley	27 Gentleman's 11:00 - 11:45AM Instructor: Abby Water Aerobics 1:00 - 1:45PM Instructor: Roopa 5:40 - 6:20PM Instructor: Davina	28 Senior Splash 8:00 - 8:45AM Instructor: Sue 9:00 - 9:45AM Instructor: Sue	29 Gentleman's 11:00 - 11:45AM Instructor: Abby Water Aerobics 1:00 - 1:45PM Instructor: Sue 5:40 - 6:20PM Instructor: Davina	30 Senior Splash 8:00 - 8:45AM Instructor: Sue 9:00 - 9:45AM Instructor: Sue	31 Water Aerobics 8:15 - 8:55AM Instructor: Sue	

CHOICE HEALTH & FITNESS

*PLEASE NOTE: INSTRUCTOR SCHEDULES ARE POSTED AT THE BEGINNING OF EACH MONTH AND ARE SUBJECT TO CHANGE