NOVEMBER

aquatics area

MONTHLY CLASS SCHEDULE

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

CHOICE HEALTH & FITNESS

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