DECEMBER

aquatics area

MONTHLY CLASS SCHEDULE

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

CHOICE HEALTH & FITNESS

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