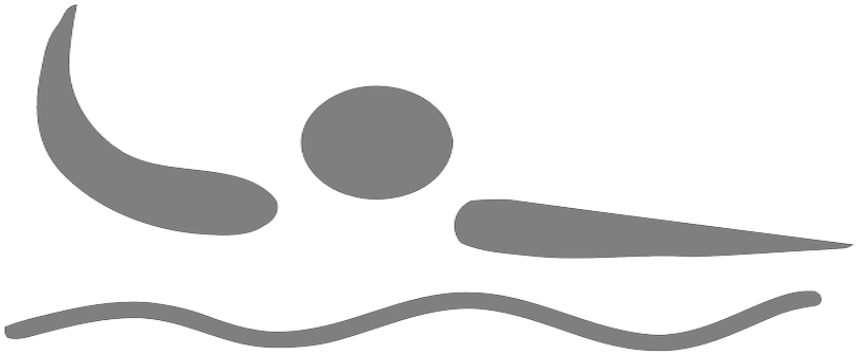
Water Exercise Classes

MONDAYS , WEDNESDAYS & FRIDAYS			
8:30-9:30am	Aquafit	Judy M.	AP
9:35-10:35am	Arthritis Foundation Aquatics Plus	Judy M.	AP
11:15-12pm	Basic Arthritis Foundation Aquatics	Judy M.	IP
TUESDAYS			
10:30-11:30am	Silver Splash (Silver Sneakers)	Mary	AP
6:30-7:30pm	Shallow Water	Mary	AP
THURSDAYS			
9:00-10:00am	Run River Run!	Mary	LR
10:30-11:30am	Silver Splash (Silver Sneakers)	Mary	AP
6:30-7:30pm	Deep Water	Judy V. & Mary	AP
SATURDAYS			
8:15-9:15am	Aquafit	Mary	AP

AP = ACTIVITY POOL IP = INSTRUCTIONAL POOL LR = LAZY RIVER