

Aquatic Group Fitness

	M	T	W	TH	F	SA	SU
6:00 am		HydroFit Mary Lou					
8:00	HydroFit Tracy		HydroFit Susan		HydroFit Michelle/ Melody	HydroFit (8:05) Mary Lou	
9:15	HydroPower Tracy		HydroPower Tracy		HydroPower Michelle/ Angie		
10:45	HydroFit Nancy Me.		HydroFit Tracy		HydroFit Michelle/ Angie		
12:00 pm	HydroStretch Nancy Me.	HydroLite Nancy M.		HydroLite Nancy M.			
12:30	HydroFit Nancy Me.		HydroFit Nancy M		HydroFit Susan		
1:00		HydroMix MaryAnn		HydroMix MaryAnn			
4:00							HydroMix Cathy
5:15		HydroMix Cathy		HydroMix Cathy			
5:30	HydroFit Dawn		HydroFit Dawn		HydroFit Dawn		
6:00		HydroPower Nancy M.		HydroPower Cathy			

Spring 2010



we believe
in life well-lived.

THINGS TO KNOW

Classes listed above **DO NOT** require registration and are open to Health Place members **ONLY**

Instructors reserve the right to remove lap lanes during class accordingly - 13+ participants = 1 lap lane

See lap swim schedule for other lap lane exceptions

Instructors are subject to change at any time.