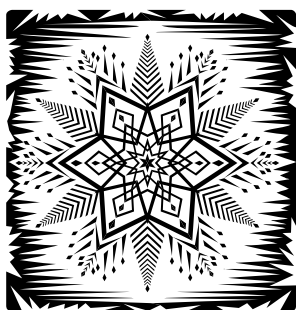


Aquatic Group Fitness

	M	T	W	TH	F	SU
6:00 am		HydroFit Mary Lou				
8:00	HydroFit Tracy		HydroFit Susan		HydroFit TBA	
10:45	HydroPower Nancy Me.		HydroPower Tracy		HydroPower Tracy	
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		

Winter 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 a lap lane during class accordingly - 13+ participants = 1 lap lane

See lap swim schedule for other lap lane exceptions

Instructors subject to change at any time.