

OCTOBER | WATER AEROBICS SCHEDULE

Monday	6:30-7:20 am	River Walking	Elaine
	7:30-8:20 am	River Walking	Elaine
	8:30-9:20 am	Water Aerobics (Splash)	Shari
	9:30-10:20 am	Yoga	Shari
	10:30-11:20 am	Platinum Splashers	Shari
	5:30-6:20 pm	Water Aerobics at Night!	Christy
Tuesday	8:30-9:20 am	Aqua Pilates®	Jacque
	9:30-10:20 am	Aqua Pilates®	Jacque
	9:30-10:20 am	Deep Water	Shari
	10:30-11:20 am	Splash Dance	Sherry
	5:30-6:20 pm	Water Aerobics at Night!	Christy
	6:30-7:15 pm	Yoga at Night!	Christy
Wednesday	7:30-8:20 am	Riverwalking	Elaine
	8:30-9:20 am	Yoga	Shari
	9:30-10:20 am	Strength & Stretch	Sherry
	10:30-11:20 am	Platinum Splashers	Sherry
	5:30-6:20 pm	Water Aerobics at Night!	Christy
Thursday	8:30-9:20 am	Aqua Pilates®	Jacque
	9:30-10:20 am	Aqua Pilates®	Jacque
	9:30-10:20 am	Deep Water	Sherry
	10:30-11:20 am	Strength & Stretch	Sherry
	5:30-6:20 pm	Water Aerobics at Night!	Christy
	6:30-7:15 pm	Yoga at Night!	Christy
Friday	7:30-8:20 am	River Walking	Mary
	8:30-9:20 am	Water Aerobics (Splash)	Linda
	9:30-10:20 am	Pi-Yoga	Sherry
	10:30-11:20 am	Platinum Splashers	Sherry

***No Classes October 5-16 for Maintenance Week**

Class schedule is subject to changes throughout the month, please check in with front desk for updates.



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