



# Bell Road Group Exercise July / August 2009

Instructors are Subject to Change without Notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July. 12	July. 13	July. 14	July. 15	July. 16	July. 17	July. 18
	5:30 Spin-Charles		5:30 Spin-Wanda		5:30 Spin-Marlea	
	8:30 Fit for Life-Joy	8:30 Step it Up-Colleen	8:30 Fit for Life-Colleen	8:30 Fit Drills-Emily B	8:30 Fit For Life-Kim	
	8:30 TURBO-Wendy	8:45 Spin-Charles	8:30 DanceParty-Wendy	8:45 Spin-Julie	8:30 Golden Gloves-Wendy	8:30 Step it Up- Andretta
2:00 Step It Up-Linda	8:45 Spin-Emily B	9:30 Yoga-Colleen	8:45 Spin-Ellen	9:30 Pilates-Shea	8:45 Spin-Julie	8:30 Spin- Wanda
	9:30 BodyPump-Colleen	12:00 BodyPump-Alexis	9:30 BodyPump-Shea	12:00 BodyPump-Alexis	9:30 BodyPump-Wendy	9:30 Beg Spin- Wanda
	10:45 Pilates-Shea		10:45 Yoga-Colleen		10:45 Yoga- Colleen	9:30 BodyPump-Brooke
	4:30 Step it Up-Andretta	4:30 Beg. Cardio-Joanna	4:30 Step it up-Julie	4:30 Turbo-Joanna		10:45 Yoga- Alexis
	5:30 Golden Gloves-Kat	5:30 H.E.A.T.-Brooke	5:30 Dance Party-Kat	5:30 Step It Up-Linda		
	5:45 Spin-Johnny	5:45 Spin-Kat	5:45 Spin-Marlea	5:45 Spin-Becky	5:30 Step it Up-Linda	
	6:30 BodyPump-Brooke	6:30 Yoga-Shea	6:30-BodyPump-Colleen	6:30 Pilates- Kim		
July. 19	July. 20	July. 21	July. 22	July. 23	July. 24	July. 25
	5:30 Spin-Charles		5:30 Spin-Wanda		5:30 Spin-Marlea	
	8:30 Fit for Life-Kim	8:30 Step it Up-Andretta	8:30 Fit for Life-Sharon	8:30 Fit Drills-Ellen	8:30 Fit For Life-Kim	
	8:30 Dance-Wendy	8:45 Spin-Shea	8:30 DanceParty-Wendy	8:45 Spin-Shea	8:30 Golden Gloves-Wendy	8:30 Dance-Kat
2:00 Spin-Wanda	8:45 Spin-Emily B	9:30 Yoga-Alexis	8:45 Spin-Charles	9:30 Pilates-Elizabeth	8:45 Spin-Ellen	8:30 Spin-Emily
	9:30 BodyPump-Wendy	12:00 BodyPump-Becky	9:30 BodyPump-Becky	12:00 BodyPump-Alexis	9:30 BodyPump-Wendy	9:30 Beg Spin- Kristina
	10:45 Pilates-Shea		10:45 Yoga-Shea		10:45 Yoga- Shea	9:30 BodyPump-Becky
	4:30 Step it Up-Andretta	4:30 Beg. Cardio-Joanna	4:30 Step it Up-Julie	4:30 Turbo-Margo		10:45 Yoga- Shea
	5:30 Golden Gloves-Kat	5:30 H.E.A.T.-Margo	5:30 Dance Party-Kat	5:30 Step It UP-Margo		
	5:45 Spin-Kim T	5:45 Spin-Johnny	5:45 Spin-Marlea	5:45 Spin-Kat	5:30 Spin-Kat	
	6:30 BodyPump-Kat	6:30 Yoga-Shea	6:30-BodyPump-Kat	6:30 Pilates-Shea	5:30 Step it Up-Linda	
July. 26	July. 27	July. 28	July. 29	July. 30	July. 31	Aug. 1
	5:30 Spin-Charles		5:30 Spin-Wanda		5:30 Spin-Marlea	
	8:30 Fit for Life-Sharon	8:30 Step it Up-Julie	8:30 Fit for Life-Sharon	8:30 Fit Drills-Emily B	8:30 Fit For Life-Kim	
	8:30 TURBO-Wendy	8:45 Spin-Charles	8:30 DanceParty-Wendy	8:45 Spin-Julie	8:30 Golden Gloves-Shea	8:30 Step It Up-Andretta
2:00 Step It Up-Linda	8:45 Spin-Emily B	9:30 Yoga-Shea	8:45 Spin-Ellen	9:30 Pilates-Shea	8:45 Spin-Julie	8:30 Spin- Wanda
	9:30 BodyPump-Wendy	12:00 BodyPump-Alexis	9:30 BodyPump-Becky	12:00 BodyPump-Alexis	9:30 BodyPump-Becky	9:30 Beg Spin- Wanda
	10:45 Pilates-Shea		10:45 Yoga-Shea		10:45 Yoga- Shea	9:30 BodyPump-Brooke
	4:30 Step it Up-Andretta	4:30 Beg. Cardio-Margo	4:30 Step it up-Julie	4:30 Turbo-Margo		10:45 Yoga- Shea
	5:30 Golden Gloves-Kat	5:30 H.E.A.T.-Brooke	5:30 Dance Party-Kat	5:30 Step It Up-Margo		
	5:45 Spin-Johnny	5:45 Spin-Kat	5:45 Spin-Marlea	5:45 Spin-Becky	5:30 BodyPump-Kat	
	6:30 BodyPump-Brooke	6:30 Yoga-Alexis	6:30-BodyPump-Kat	6:30 Pilates-Shea		
Aug. 2	Aug. 3	Aug. 4	Aug. 5	Aug. 6	Aug. 7	Aug. 8
	5:30 Spin-Charles		5:30 Spin-Wanda		5:30 Spin-Marlea	
	8:30 Fit for Life-Kim	8:30 Step it Up-Andretta	8:30 Fit for Life-Colleen	8:30 Fit Drills-Ellen	8:30 Fit For Life-Kim	
	8:30 Dance-Andretta	8:45 Spin-Shea	8:30 DanceParty-Alexis	8:45 Spin-Shea	8:30 Golden Gloves-Wendy	8:30 Dance- Wendy
2:00 Spin- Charles	8:45 Spin-Emily B	9:30 Yoga-Shea	8:45 Spin-Charles	9:30 Pilates-Elizabeth	8:45 Spin-Ellen	8:30 Spin- Wanda
	9:30 BodyPump-Colleen	12:00 BodyPump-Becky	9:30 BodyPump-Shea	12:00 BodyPump-Alexis	9:30 BodyPump-Wendy	9:30 Beg Spin- Wanda
	10:45 Pilates-Shea		10:45 Yoga-Colleen		10:45 Yoga- Shea	9:30 BodyPump-Colleen
	4:30 Step it Up-Andretta	4:30 Beg. Cardio-Margo	4:30 Step it up-Linda	4:30 Turbo-Joanna		10:45 Yoga- Colleen
	5:30 Golden Gloves-Kat	5:30 H.E.A.T.-Kat	5:30 Dance Party-Kat	5:30 Step It Up-Linda		
	5:45 Spin-Kim T	5:45 Spin-Johnny	5:45 Spin-Marlea	5:45 Spin-Kat	5:30 Spin- Kristina	
	6:30 BodyPump-Kat	6:30 Yoga-Shea	6:30-BodyPump-Colleen	6:30 Pilates- Kim	5:30 Step It Up-Linda	
Aug. 9	Aug. 10	Aug. 11	Aug. 12	Aug. 13	Aug. 14	Aug. 15
	5:30 Spin-Charles		5:30 Spin-Wanda		5:30 Spin-Marlea	
	8:30 Fit for Life-Sharon	8:30 Step it Up-Colleen	8:30 Fit for Life-Sharon	8:30 Fit Drills-Emily B	8:30 Fit For Life-Kim	8:30 Step it Up- Linda
	8:30 TURBO-Wendy	8:45 Spin-Shea	8:30 DanceParty-Wendy	8:45 Spin-Shea	8:30 Golden Gloves-Shea	8:30 Spin- Wanda
2:00 Step It Up- Linda	8:45 Spin-Emily B	9:30 Yoga-Colleen	8:45 Spin-Charles	9:30 Pilates-Shea	8:45 Spin-Emily B	9:30 Beg Spin- Wanda
	9:30 BodyPump-Wendy	12:00 BodyPump-Alexis	9:30 BodyPump-Becky	12:00 BodyPump-Alexis	9:30 BodyPump-Wendy	9:30 BodyPump-Kat
	10:45 Pilates-Shea		10:45 Yoga-Shea		10:45 Yoga- Colleen	10:45 Yoga- Colleen
	4:30 Step it Up-Colleen	4:30 Beg. Cardio-Joanna	4:30 Step it up-Linda	4:30 Turbo-Joanna		
	5:30 Golden Gloves-Kat	5:30 H.E.A.T.-Brooke	5:30 Dance Party-Kat	5:30 Step It Up-Colleen		
	5:45 Spin-Johnny	5:45 Spin-Kat	5:45 Spin-Marlea	5:45 Spin-Becky	5:30 Body Pump- Colleen	
	6:30 BodyPump-Brooke	6:30 Yoga-Colleen	6:30-BodyPump-Kat	6:30 Pilates-Shea		
Aug. 16	Aug. 17	Aug. 18	Aug. 19	Aug. 20	Aug. 21	Aug. 22
	5:30 Spin-Charles		5:30 Spin-Wanda		5:30 Spin-Marlea	
	8:30 Fit for Life-Kim	8:30 Step it Up-Julie	8:30 Fit for Life-Colleen	8:30 Fit Drills-Ellen	8:30 Fit For Life-Kim	
	8:30 Dance-Wendy	8:45 Spin-Charles	8:30 DanceParty-Wendy	8:45 Spin-Julie	8:30 Golden Gloves-Wendy	8:30 Dance- Wendy
2:00 Spin- Wanda	8:45 Spin-Emily B	9:30 Yoga-Colleen	8:45 Spin-Ellen	9:30 Pilates-Elizabeth	8:45 Spin-Julie	8:30 Spin- Johnny
	9:30 BodyPump-Colleen	12:00 BodyPump-Alexis	9:30 BodyPump-Shea	12:00 BodyPump-Alexis	9:30 BodyPump-Wendy	9:30 Beg Spin- Kristina
	10:45 Pilates-Shea		10:45 Yoga-Colleen		10:45 Pilates-Elizabeth	9:30 BodyPump-Wendy
	4:30 Step it Up-Colleen	4:30 Beg. Cardio-Joanna	4:30 Step it Up-Julie	4:30 Turbo-Joanna		10:45 Yoga- Kim
	5:30 Golden Glove- Kat	5:30 H.E.A.T.-Kat	5:30 Dance Party-Kat	5:30 Step It Up-Linda		
	5:45 Spin-Kim T	5:45 Spin-Johnny	5:45 Spin-Marlea	5:45 Spin-Kat	5:30 Spin-Kristina	
	6:30 BodyPump-Kat	6:30 Yoga-Shea	6:30-BodyPump-Colleen	6:30 Pilates- Alexis	5:30 Step It Up- Linda	

**B=Beginner I=Intermediate A=Advanced E=Everyone**

Feel free to try any class. Find the ones which best fit your needs and level. Advanced classes just sometimes indicate more choreography, not necessarily higher intensity.

**All Ball**— Challenging fun class using stability and medicine balls. Join us for a total body workout and get ready to “play ball”! E

**Beginner Cardio**—This is a low-impact class of instructor’s choice—kickboxing, step, drills. B

**Dance Party**— Make your time with us fun! We really can’t even call it a “workout” because it is SO MUCH FUN!!! Come to the party and be ready to sweat it out to fun music and low impact moves. E

**Fight Fusion**—Martial arts based class emphasizing quick and effective punches, kicks, strikes, and blocks. GET YOUR FIGHT ON!!! I, A

**Fit Drills**—We’ve thrown choreography away!!! It’s a workout based on sports drills to promote cardiovascular, muscular strength and endurance. I, A

**Golden Gloves**—Learn genuine boxing and kickboxing skills while using sturdy, heavy bags and mitts. This is a great cardiovascular workout coupled with resistance training from contact with the bag. Gloves and wraps required. I

**H.E.A.T.**—High Energy Aerobic Training—Class designed to work at intense cardio intervals mixed with muscular strength and endurance sets and core training. I, A

**Kickin’ Cardio**—Blast away with kickboxing for upper and lower body conditioning. Intensity driven instructors but all levels of fitness will be challenged. E

**Kick/Drills**—Kickboxing with limited choreography but based on more drill type maneuvers. E

**Step It Up**—A step class for the stepper who enjoys high energy workouts with cardio consisting of only step aerobics. I, A

**StepMix**—Primarily a step cardio class with segments of cardio on the floor including hi/lo, kickboxing, jump ropes, sprints, light weights. E

**Spinning**—Group cycling classes. E

**TURBO**—Kickboxing with style and packed with powerful moves and music!! I, A

**Weight Training**— Resistance training utilizing a variety of weights, balls and/or bands to promote muscular strength, shape and endurance. E



**MONTGOMERY  
YMCA**

# *Y's Up at Somerset July / August*

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>July.13</b>	5:30 GRAVITY-Mary A 9:30 GRAVITY-Tangie 4:30 GRAVITY Pil-Bethany 6:00 GRAVITY- Pam	<b>July.14</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Becky 12:00 GRAVITY-Andretta 5:30 GRAVITY-Bethany	<b>July.15</b>	5:30 GRAVITY-Mary A 9:30 GRAVITY-Mary A 6:00 GRAVITY-Mary A	<b>July.16</b>	5:30 GRAVITY-Tangie 8:30 GRAVITY-Joanna 12:00 GRAVITY- Joanna 5:30 GRAVITY-Becky	<b>July.17</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Tangie 9:30 GRAVITY-Tangie	<b>July.18</b>	9:00 GRAVITY-Joanna
<b>July.20</b>	5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 4:30 GRAVITY Pil- Bethany 6:00 GRAVITY-Pam	<b>July.21</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Becky 12:00 GRAVITY-Andretta 5:30 GRAVITY-Bethany	<b>July.22</b>	5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Mary A	<b>July.23</b>	5:30 GRAVITY-Tangie 8:30 GRAVITY-Joanna 12:00 GRAVITY- Joanna 5:30 GRAVITY-Becky	<b>July.24</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Tangie 9:30 GRAVITY-Tangie	<b>July.25</b>	9:00 GRAVITY-Pam
<b>July.27</b>	5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 4:30 GRAVITY Pil-Bethany 6:00 GRAVITY-Pam	<b>July.28</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Becky 12:00 GRAVITY-Andretta 5:30 GRAVITY-Bethany	<b>July.29</b>	5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A. 6:00 GRAVITY-Mary A	<b>July.30</b>	5:30 GRAVITY- Tangie 8:30 GRAVITY- Joanna 12:00 GRAVITY-Elizabeth 5:30 GRAVITY-Becky	<b>July .31</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Tangie 9:30 GRAVITY-Tangie	<b>Aug.1</b>	9:00 GRAVITY-Becky
<b>Aug.3</b>	5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 4:30 GRAVITY Pil-Bethany 6:00 GRAVITY-Pam	<b>Aug.4</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Becky 12:00 GRAVITY-Andretta 5:30 GRAVITY-Bethany	<b>Aug.5</b>	5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Mary A	<b>Aug. 6</b>	5:30 GRAVITY- Tangie 8:30 GRAVITY-Joanna 12:00 GRAVITY- Kim 5:30 GRAVITY-Becky	<b>Aug. 7</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Tangie 9:30 GRAVITY-Tangie	<b>Aug. 8</b>	9:00 GRAVITY-Tangie
<b>Aug. 10</b>	5:30 GRAVITY- Brett 9:30 GRAVITY-Tangie 4:30 GRAVITY Pil-Bethany 6:00 GRAVITY-Pam	<b>Aug. 11</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Becky 12:00 GRAVITY- Kim 5:30 GRAVITY-Bethany	<b>Aug. 12</b>	5:30 GRAVITY- Brett 9:30 GRAVITY-Mary A. 6:00 GRAVITY-Mary A	<b>Aug. 13</b>	5:30 GRAVITY- Tangie 8:30 GRAVITY-Joanna 12:00 GRAVITY-Elizabeth 5:30 GRAVITY-Becky	<b>Aug. 14</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Tangie 9:30 Graity Pil- Tangie	<b>Aug. 15</b>	9:00 GRAVITY- Pam
<b>Aug. 17</b>	5:30 GRAVITY-Brett 9:30 GRAVITY-Tangie 4:30 GRAVITY Pil- Bethany 6:00 Gravity-Pam	<b>Aug. 18</b>	5:30 GRAVITY-Mary A 8:30 GRAVITY-Becky 12:00 GRAVITY- Kim 5:30 GRAVITY-Bethany	<b>Aug. 19</b>	5:30 GRAVITY-Brett 9:30 GRAVITY-Mary A 6:00 GRAVITY-Mary A.	<b>Aug. 20</b>	5:30 GRAVITY- Tangie 8:30 GRAVITY-Joanna 12:00 GRAVITY- Kim 5:30 GRAVITY-Becky	<b>Aug. 21</b>	5:30 GRAVITY-Mary A. 8:30 GRAVITY-Tangie 9:30 GRAVITY-Tangie	<b>Aug.22</b>	9:00 GRAVITY-Joanna

## *July / August Group Aqua Classes*

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>July. 13</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirley 8:15 Aqua-Colleen 9:30 Deep Aqua-Susan T 11:00 Deep Arth-Elizabeth 6:00 Aqua-Susan D	<b>July. 14</b>	5:30 Aqua-Shirley 6:30 Low Intensity-Shirley 8:15 Aqua-Mary A 9:30 Deep Aqua-Susan T 11:00 Arthritis- Diana 6:00 Deep Aqua-Susan D	<b>July. 15</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp- Shirley 8:15 Deep Aqua-Mary A 9:30 Deep Aqua-Joy 11:00 Deep Arth-Elizabeth 6:00 Aqua-Susan D	<b>July. 16</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua- Alexis 9:30 Deep-Susan T 11:00 Arthritis- Diana 6:00 Deep Aqua-Colleen	<b>July. 17</b>	8:15 Aqua -Colleen 9:30 Deep Aqua-Colleen	<b>July. 18</b>	8:30 Deep Aqua-Bethany
<b>July. 20</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirley 8:15 Aqua-Mary A 9:30 Deep Aqua-Joy 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	<b>July. 21</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirl 8:15 Aqua-Mary A 9:30 Deep Aqua-Sharon 11:00 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	<b>July. 22</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirl 8:15 Deep Aqua- Susan D 9:30 Deep Aqua-Joy 11:00 Deep Arth-Jennifer 6:00 Aqua-Bethany	<b>July. 23</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep-Sharon 11:00 Arthritis-Elizabeth 6:00 Deep Aqua-Susan D	<b>July. 24</b>	8:15 Aqua -Jennifer 9:30 Deep Aqua-Susan D	<b>July. 25</b>	8:30 Aqua- Bethany
<b>July. 27</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirl 8:15 Aqua-Mary A. 9:30 Deep Aqua-Susan T 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	<b>July. 28</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Mary A 9:30 Deep Aqua-Susan T 11:00 Arthritis- Jennifer 6:00 Deep Aqua-Susan D	<b>July. 29</b>	5:30 Aqua-Shirley 6:30 Low Intensity D-Shirley 8:15 Deep Aqua- Susan D 9:30 Deep Aqua-Joy 11:00 Deep Arth-Jennifer 6:00 Aqua-Bethany	<b>July. 30</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua- Jennifer 9:30 Deep-Susan T 11:00 Arthritis-Elizabeth 6:00 Deep Aqua-Susan D	<b>July. 31</b>	8:15 Aqua - Susan D 9:30 Deep Aqua-Susan D	<b>Aug. 1</b>	8:30 Deep Aqua-Susan T
<b>Aug. 3</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirl 8:15 Aqua-Joy 9:30 Deep Aqua-Joy 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	<b>Aug. 4</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Colleen 9:30 Deep Aqua-Sharon 11:00 Arthritis- Diana 6:00 Deep Aqua-Susan D	<b>Aug. 5</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirl 8:15 Deep Aqua-Sharon 9:30 Deep Aqua-Joy 11:00 Deep Arth-Elizabeth 6:00 Aqua- Bethany	<b>Aug. 6</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep-Sharon 11:00 Arthritis-Elizabeth 6:00 Deep Aqua- Colleen	<b>Aug. 7</b>	8:15 Aqua -Colleen 9:30 Deep Aqua-Susan D	<b>Aug. 8</b>	8:30 Aqua-Jennifer
<b>Aug. 10</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirl 8:15 Aqua-Colleen 9:30 Deep Aqua-Susan T 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	<b>Aug. 11</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua- Jennifer 9:30 Deep Aqua-Susan T 11:00 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	<b>Aug. 12</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirl 8:15 Deep Aqua-Colleen 9:30 Deep Aqua-Joy 11:00 Deep Arth-Jennifer 6:00 Aqua-Bethany	<b>Aug. 13</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua- Jennifer 9:30 Deep-Susan T 11:00 Arthritis- Elizabeth 6:00 Deep Aqua-Susan D	<b>Aug. 14</b>	8:15 Aqua -Colleen 9:30 Deep Aqua-Sharon	<b>Aug. 15</b>	8:30 Aqua-Sharon
<b>Aug. 17</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirl 8:15 Aqua-Colleen 9:30 Deep Aqua-Joy 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	<b>Aug. 18</b>	5:30 Aqua-Shirley 6:30 LowIntensityDp-Shirley 8:15 Aqua-Jennifer 9:30 Deep Aqua-Sharon 11:00 Arthritis-Jennifer 6:00 Deep Aqua-Susan D	<b>Aug. 19</b>	5:30 Aqua-Shirley 6:30 Low Intensity Dp-Shirl 8:15 Deep Aqua-Sharon 9:30 Deep Aqua-Joy 11:00 Deep Arth-Jennifer 6:00 Aqua-Susan D	<b>Aug. 20</b>	5:30 Aqua-Shirley 6:30 LowIntensityD-Shirley 8:15 Aqua-Jennifer 9:30 Deep-Sharon 11:00 Arthritis- Elizabeth 6:00 Deep Aqua-Colleen	<b>Aug. 21</b>	8:15 Aqua - Susan D 9:30 Deep Aqua-Susan D	<b>Aug. 22</b>	8:30 Aqua- Bethany