

# Group Aqua Schedule

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday                                      | Saturday                |
|--|---|---|---|---|-------------------------|
| <b>Dec.28</b>  | <b>Dec.29</b>   | <b>Dec.30</b>   | <b>Dec.31</b>   | <b>Jan.1</b>                                | <b>Jan.2</b>            |
| 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Chana<br>9:30 Deep Aqua-Jennifer<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-SusanD   | 5:30 Aqua-Shirley<br>6:30 Low Intensity-Shirley<br>8:15 Aqua-Chana<br>9:30 Deep Aqua-Sharon<br>11:00 Arthritis- Jennifer<br>6:00 Deep Aqua-SusanD   | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp- Shirley<br>8:15 Deep Aqua-SusanD<br>9:30 Deep Aqua-Chana<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-Bethany | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua- Jennifer<br>9:30 Deep-SusanD<br>11:00 Arthritis- Elizabeth                         | <b>HAPPY NEW YEAR!</b>                      | <b>HAPPY NEW YEAR !</b> |
| <b>Jan.4</b>   | <b>Jan.5</b>  | <b>Jan.6</b>  | <b>Jan.7</b>  | <b>Jan.8</b>                                | <b>Jan.9</b>            |
| 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Chana<br>9:30 Deep Aqua-SusanT<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-SusanD     | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Chana<br>9:30 Deep Aqua-Sharon<br>11:00 Arthritis-Chana<br>6:00 Deep Aqua-SusanD      | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Deep Aqua- SusanD<br>9:30 Deep Aqua-Sharon<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-Chana  | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Jennifer<br>9:30 Deep-SusanT<br>11:00 Arthritis-Elizabeth<br>6:00 Deep Aqua-SusanD  | 8:15 Aqua -Colleen<br>9:30 Deep Aqua-SusanD | 8:30 Aqua- MaryA        |
| <b>Jan.11</b>  | <b>Jan.12</b>   | <b>Jan.13</b>   | <b>Jan.14</b>   | <b>Jan.15</b>                               | <b>Jan.16</b>           |
| 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Colleen<br>9:30 Deep Aqua-SusanT<br>11:00 Deep Arth-Chana<br>6:00 Aqua-SusanD      | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Chana<br>9:30 Deep Aqua-Sharon<br>11:00 Arthritis- Jennifer<br>6:00 Deep Aqua-SusanD  | 5:30 Aqua-Shirley<br>6:30 LowIntensityD-Shirley<br>8:15 Deep Aqua- SusanD<br>9:30 Deep Aqua-Colleen<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-Chana  | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua- Jennifer<br>9:30 Deep-SusanT<br>11:00 Arthritis-Elizabeth<br>6:00 Deep Aqua-SusanD | 8:15 Aqua -Colleen<br>9:30 Deep Aqua-SusanD | 8:30 Deep Aqua-Sharon   |
| <b>Jan.18</b>  | <b>Jan.19</b>   | <b>Jan.20</b>   | <b>Jan.21</b>   | <b>Jan.22</b>                               | <b>Jan.23</b>           |
| 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Colleen<br>9:30 Deep Aqua-Jennifer<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-SusanD | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Chana<br>9:30 Deep Aqua-Colleen<br>11:00 Arthritis- Jennifer<br>6:00 Deep Aqua-SusanD | 5:30 Aqua-Shirley<br>6:30 Low Intensity Dp-Shirley<br>8:15 Deep Aqua-SusanD<br>9:30 Deep Aqua-Sharon<br>11:00 Deep Arth-Sharon<br>6:00 Aqua- Chana  | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Jennifer<br>9:30 Deep-SusanT<br>11:00 Arthritis-Elizabeth<br>6:00 Deep Aqua-SusanD  | 8:15 Aqua -MaryA<br>9:30 Deep Aqua-SusanD   | 8:30 Aqua-Jennifer      |
| <b>Jan.25</b>  | <b>Jan.26</b>   | <b>Jan.27</b>   | <b>Jan.28</b>   | <b>Jan.29</b>                               | <b>Jan.30</b>           |
| 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Colleen<br>9:30 Deep Aqua-Chana<br>11:00 Deep Arth-Chana<br>6:00 Aqua-SusanD       | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua- Chana<br>9:30 Deep Aqua-Sharon<br>11:00 Arthritis-Jennifer<br>6:00 Deep Aqua-SusanD  | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Deep Aqua-SusanD<br>9:30 Deep Aqua-Chana<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-Bethany  | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua- Jennifer<br>9:30 Deep-SusanT<br>11:00 Arthritis-Elizabeth<br>6:00 Deep Aqua-SusanD | 8:15 Aqua -Colleen<br>9:30 Deep Aqua-SusanD | 8:30 DeepAqua-SusanT    |
| <b>Feb.1</b>   | <b>Feb.2</b>  | <b>Feb.3</b>  | <b>Feb.4</b>  | <b>Feb.5</b>                                | <b>Feb.6</b>            |
| 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Colleen<br>9:30 Deep Aqua-Jennifer<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-SusanD | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Aqua-Chana<br>9:30 Deep Aqua-Sharon<br>11:00 Arthritis-Sharon<br>6:00 Deep Aqua-SusanD     | 5:30 Aqua-Shirley<br>6:30 LowIntensityDp-Shirley<br>8:15 Deep Aqua-SusanD<br>9:30 Deep Aqua-Sharon<br>11:00 Deep Arth-Jennifer<br>6:00 Aqua-Chana   | 5:30 Aqua-Shirley<br>6:30 LowIntensityD-Shirley<br>8:15 Aqua-Jennifer<br>9:30 Deep-SusanT<br>11:00 Arthritis-Elizabeth<br>6:00 Deep Aqua-SusanD   | 8:15 Aqua -Colleen<br>9:30 Deep Aqua-SusanD | 8:30 Aqua-MaryA         |