

Please check out ALL the changed summer class days, times & locations!

July 2010

Aqua Fitness Schedule



Sun Mon Tue Wed Thu Fri Sat

<p>In an emergency call to post cancellation: Pandora 775-342-5748</p> <p>Bobsie 831-0581 Kathy 831-5927 Sally 825-0111 Barb B. 831-0626 Sandy 831-7668</p> <p>Carol J. 530-582-0578 Micki 832-5401 Janice 831-2295 Shirley 530-546-2547</p>	<p>Classes are FREE to Recreation Center Members!</p> <p>ALL AQUA FITNESS CLASSES ARE 55+ RATE: \$10.00</p> <p>IVGID PASS HOLDER \$5.00.</p>			<p>1</p> <p>9:30am COMBO Sally 10:45am H2O BASIC Sally</p> <p>5:30pm H2O Fitness Extreme Sandy</p>	<p>2</p> <p>9:30am COMBO Sally 10:45am COMBO Micki</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>	<p>3</p> <p>9:30am COMBO Shawna</p> <p>Class Held at Burnt Cedar (weather permitting)</p>
	<p>5</p> <p>7:00am SPLASH Sandy 9:00am COMBO Bobsie 10:15am DEEP Bobsie</p>	<p>6</p> <p>9:00am COMBO Bobsie 10:15am H2O BASIC Kathy</p> <p>5:30pm H2O Fitness Extreme Shawna</p>	<p>7</p> <p>7:00am SPLASH Sandy 9:00am COMBO Bobsie 10:15am DEEP Bobsie</p> <p>5:30pm HYDRO CUFF Carol</p>	<p>8</p> <p>9:00am COMBO Sally 10:15am H2O BASIC Sally</p> <p>5:30pm H2O Fitness Extreme Sandy</p>	<p>9</p> <p>9:30am COMBO Sally 10:45am COMBO Shawna</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>	<p>10</p> <p>9:30am COMBO Micki</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>
	<p>12</p> <p>7:00am SPLASH Sandy 9:00am COMBO Bobsie 10:15am DEEP Bobsie</p>	<p>13</p> <p>9:00am COMBO Bobsie 10:15am H2O BASIC Kathy</p> <p>5:30pm H2O Fitness Extreme Shawna</p>	<p>14</p> <p>7:00am SPLASH Shirley 9:00am COMBO Bobsie 10:15am DEEP Bobsie</p> <p>5:30pm HYDRO CUFF Carol</p>	<p>15</p> <p>9:00am COMBO Sally 10:15am H2O BASIC Sally</p> <p>5:30pm H2O Fitness Extreme Sandy</p>	<p>16</p> <p>9:30am COMBO Sally 10:45am COMBO Shirley</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>	<p>17</p> <p>9:30am COMBO Micki</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>
	<p>19</p> <p>7:00am SPLASH Sandy 9:00am COMBO Bobsie 10:15am DEEP Bobsie</p>	<p>20</p> <p>9:00am COMBO Bobsie 10:15am H2O BASIC Kathy</p> <p>5:30pm H2O Fitness Extreme Shawna</p>	<p>21</p> <p>7:00am SPLASH Shirley 9:00am COMBO Bobsie 10:15am DEEP Bobsie</p> <p>5:30pm HYDRO CUFF Carol</p>	<p>22</p> <p>9:00am COMBO Sally 10:15am H2O BASIC Sally</p> <p>5:30pm H2O Fitness Extreme Sandy</p>	<p>23</p> <p>9:30am COMBO Sally 10:45pm COMBO Shirley</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>	<p>24</p> <p>9:30am COMBO Shawna</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>
	<p>26</p> <p>7:00am SPLASH Sandy 9:00am COMBO Bobsie 10:15am DEEP Bobsie</p>	<p>27</p> <p>9:00am COMBO Bobsie 10:15am H2O BASIC Kathy</p> <p>5:30pm H2O Fitness Extreme Shawna</p>	<p>28</p> <p>7:00am SPLASH Sandy 9:00am COMBO Bobsie 10:15am DEEP Bobsie</p> <p>5:30pm HYDRO CUFF Carol</p>	<p>29</p> <p>9:00am COMBO Sally 10:15am H2O BASIC Sally</p> <p>5:30pm H2O Fitness Extreme Sandy</p>	<p>30</p> <p>9:30am COMBO Sally 10:45pm COMBO Micki</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>	<p>31</p> <p>9:30am COMBO Shirley</p> <p>Classes Held at Burnt Cedar (weather permitting)</p>