








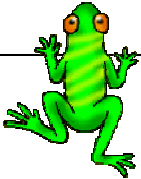


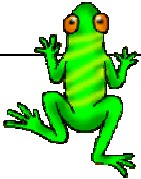


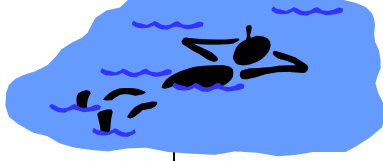


St. Andrew's

FAMILY WATER AEROBICS SCHEDULE

Fitness Plus!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	Hydro Power Nancy	Deep Water Dynamics Nancy	 Lisa	Deep Water Dynamics Nancy	Aqua Yoga Mimi	
8:30am	Cool Combos Maggie		Cool Combos Maggie		Cool Combos Maggie	
9:00am		Rise + Shine Marian		Rise + Shine Marian		Deep Water Dynamics Barbara
10:00am	Deep Water Dynamics Maggie		Deep Water Dynamics Maggie		Deep Water Dynamics Maggie	
10:15am		Deep Water Intensity/ Aqua Pilates Diane		Deep Water Intensity/ Aqua Pilates Diane		
6:00pm	 Prisca	~5:45pm~ Deep Water Dynamics Barbara	 Lisa	~5:45pm~ Deep Water Dynamics Barbara		

All classes are taught by certified instructors.
 Classes and Instructors are subject to change.

Updated 11-1-11

