

July Group Fitness Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	2 8:30 Aqua Fit 10:00 Low Impact	3
4	5 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	6 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast	7 8:30 Aqua Fit 10:00 Low Impact 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Interval Step	8 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	9 8:30 Aqua Fit 10:00 Low Impact	10
11	12 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	13 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast	14 8:30 Aqua Fit 10:00 Low Impact 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Interval Step	15 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	16 8:30 Aqua Fit 10:00 Low Impact	17
18	19 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	20 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast	21 8:30 Aqua Fit 10:00 Low Impact 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Interval Step	22 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	23 8:30 Aqua Fit 10:00 Low Impact	24
25	26 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Cardio Kickboxing	27 8:30 Aqua Fit 10:00 Senior Stretch-n-Tone 11:00 Aqua Fit 4:00 Kickboxing 101 6:00 Aqua Blast	28 8:30 Aqua Fit 10:00 Low Impact 11:00 Aqua Fit 5:00 Ultimate Body 5:45 Core 6:00 Interval Step	29 8:30 Aqua Fit 10:00 Arthritis 11:00 Aqua Fit 5:00 Just Step 6:00 Aqua Blast	30 8:30 Aqua Fit 10:00 Low Impact	31

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