

AE FINLEY FEBRUARY 2010 WATER FITNESS SCHEDULE

www.ymcatriangle.org

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|--|---|--|---|
| | 1. 8:30H2OBootCamp-Amy 9:30 AdvCardio-Amy 10:30AOAPlus-Dana 7:00AdvCardio-Bonny | 2. 9:30 H2OPump-Bonny 10:30AOAPlus-Bonny 7:00 TotalBody-Laura | 3. 8:30 H2OPilates-Ann 9:30 AdvCardio-Ann 10:30AOAShallow-Ann | 4. 9:30 DeepSport-Caitlin 10:30 AOADeep-SharonP 7:00DeepExpress-Judy | 5. 8:30 H2OPump-Bonny 9:30 AdvCardio-Bonny 10:30AOAPlus-Lindsay | 6.. 9:00 AdvCardio-SharonP 10:00 TotalBody-SharonP |
| 7.. | 8. 8:30H2OBootCamp-Amy 9:30 AdvCardio-Caitlin 10:30AOAPlus-Bonny 7:00 AdvCardio-Bonny | 9.. 9:30 H2OPump- Bonny 10:30 AOAPlus-Bonny 7:00 TotalBody-Laura | 10. 8:30 H2OPilates-Ann 9:30 AdvCardio-Ann 10:30AOAShallow-Ann | 11. 9:30DeepSports-Morgan 10:30AOADeep-Morgan 7:00 DeepExpress-SharonP | 12. 8:30 H2OPump-Judy 9:30 AdvCardio- Bonny 10:30 AOAPlus-Caitlin | 13. 9:00 AdvCardio-Laura 10:00 TotalBody-Laura |
| 14.. | 15. 8:30H2OBootCamp-Amy 9:30 AdvCardio-Amy 10:30 AOAPlus-Bonny 7:00 AdvCardio-Caitlin | 16. 9:30 H2OPump-Bonny 10:30 AOAPlus-Bonny 7:00 TotalBody-Laura | 17. 8:30 H2OPilates-Ann 9:30 AdvCardio-Ann 10:30 AOAShallow-Ann | 18. Membership Appreciation Day 9:30DeepSports-Morgan 10:30 AOADeep-SharonP 7:00 DeepExpress-SharonP | 19 8:30 H2OPump-Bonny 9:30 AdvCardio-Bonny 10:30 AOAPlus-Lindsay | 20. All Fitness Staff Meeting 6:00- 8:00pm 9:00 AdvCardio-SharonP 10:00 TotalBody-SharonP |
| 21. | 22 8:30 H2OBootCamp-Judy 9:30 AdvCardio-Caitlin 10:30 AOAPlus-Dana 7:00 AdvCardio-Bonny | 23.. 9:30 H2OPump-Bonny 10:30 AOAPlus-Bonny 7:00 TotalBody-Laura | 24.. 8:30 H2OPilates-Ann 9:30 AdvCardio-Ann 10:30AOAShallow-Ann | 25. 9:30 DeepSport-Morgan 10:30AOADeep-Morgan 7:00DeepExpress-SharonP | 26. 8:30 H2OPump-Judy 9:30AdvCardio-Bonny 10:30AOAPlus-Caitlin | 27. 9:00 AdvCardio-Dana 10:00 TotalBody-Dana |
| 28. | | | | | | |