

WATER EXERCISE SCHEDULE

May 19th - May 25th, 2008

Monday 5/19	Tuesday 5/20	Wednesday 5/21	Thursday 05/22	Friday 05/23	Saturday 05/24	Sunday 05/25
6:00 AM LYNN WAKE UP		6:00 AM LYNN WAKE UP		6:00AM LYNN WAKE UP		
					8:30 AM SHILA POWER HOUR	
9:30 AM LYNN GENTLE AQUA	9:30 LYNN AQUA FIT	9:30 AM LYNN GENTLE AQUA	9:30 AM PEGGY WET SWEAT	9:30 AM LYNN GENTLE AQUA		
12:00 PM LYNN POWER HOUR				12:00 PM LYNN POWER HOUR		
	2:00 PM BLAIR AQUA POST - REHAB		2:00 PM BLAIR AQUA POST - REHAB			
6:00PM BLAIR POWER BURNING	6:00 PM MARIA DEEP WATER 7:15 WATER VOLLEYBALL		6:00 PM RITA DEEP WATER			