



# AQUACISE EXERCISE SCHEDULE

December 1, 2015-January 2, 2016

\*Due to holiday vacations, we will be offering limited aquacise classes for this month. We hope to be back to the regular full schedule beginning in January. Please note that some days will be open just for individual workouts. The time will still be reserved for an hour for working out on your own using workout guides provided by aquacise instructors. Equipment and guides will be available for use only during the designated times below.

Tuesday, Dec. 1	9:00 AM	Janet S. (Sr. Center Members Only)
Tuesday, Dec. 1	7:15 PM	Sally M.
Wednesday, Dec. 2	9:00 AM	Karen H.
Thursday, Dec. 3	7:15 PM	Karen H.
Friday, Dec. 4	9:00 AM	Karen H.
Friday, Dec. 4	10:00 AM	Karen H. (Sr. Center Members Only)
Saturday, Dec. 5	9:00 AM	Janet S.
Monday, Dec. 7	9:00 AM	Individual Workouts
Tuesday, Dec. 8	9:00 AM	Janet S. (Sr. Center Members Only)
Tuesday, Dec. 15	7:15 PM	Individual Workouts
Wednesday, Dec. 9	9:00 AM	Individual Workouts
Thursday, Dec. 10	7:15 PM	Individual Workouts
Friday, Dec. 11	9:00 AM	Janet S.
Friday, Dec. 11	10:00 AM	Janet S. (Sr. Center Members Only)
Saturday, Dec. 12	9:00 AM	Janet S.
Monday, Dec. 14	9:00 AM	Sally M.
Tuesday, Dec. 15	9:00 AM	Janet S. (Sr. Center Members Only)
Tuesday, Dec. 15	7:15 PM	Sally M.
Wednesday, Dec. 16	9:00 AM	Sally M.
Thursday, Dec. 17	7:15 PM	Karen H.
Friday, Dec. 18	9:00 AM	Karen H.
Friday, Dec. 18	10:00 AM	Karen H. (Sr. Center Members Only)
Saturday, Dec. 19	9:00 AM	Noelle D.
Monday, Dec. 21	9:00 AM	Sally M.
Tuesday, Dec. 22	9:00 AM	Janet S. (Sr. Center Members Only)
Tuesday, Dec. 22	7:15 PM	Sally M.
Wednesday, Dec. 23	9:00 AM	Sally M.

December 23 – Pool Closes at 5pm

December 24 through January 1 – Pool Closed for maintenance

January 2 No Aquacise Class – Pool open for individual workouts

