

# Fitness Class Schedule

July

Monday	Tuesday	Wednesday	Thursday
<b>3</b> <b>Aquafitness</b> 9:00 - 9:45am (Kim)	<b>4</b> <b>Seniors 65+</b> 10:30 - 11:15am (Kim)	<b>5</b> <b>Aquafitness</b> 9:00 - 9:45am (Kim)	<b>6</b> <b>Seniors 65+</b> 10:30 - 11:15am (Kim)
<b>10</b> <b>Aquafitness</b> 9:00 - 9:45am (Kim)	<b>11 Seniors 65+</b> 10:30 - 11:15am (Kim)	<b>12</b> <b>Aquafitness</b> 9:00 - 9:45am (Kim)	<b>13 Seniors 65+</b> 10:30 - 11:15am (Kim)
	<b>Spin</b> 5:30 - 6:15pm (Laurie)		<b>Spin &amp; Stretch</b> 5:30 - 6:30pm (Laurie)
<b>17</b> <b>Aquafitness</b> 9:00 - 9:45am (Kim)	<b>18 Seniors 65+</b> 10:30 - 11:15am (Kim)	<b>19 Aquafitness</b> 10:00 - 10:45am (Kim)	<b>20</b> <b>Seniors 65+</b> 10:30 - 11:15am (Kim)
	<b>Spin</b> 5:30 - 6:15pm (Laurie)		
<b>24 Aquafitness</b> 9:00 - 9:45am (Kim)	<b>25</b> <b>Seniors 65+</b> 10:30 - 11:15am (Kim)	<b>26</b> <b>Aquafitness</b> 9:00 - 9:45am (Kim)	<b>27 Seniors 65+</b> 10:30 - 11:15am (Kim)
<b>Spin</b> 5:30 - 6:15pm (Laurie)			<b>Spin &amp; Stretch</b> 5:30 - 6:30pm (Laurie)
<b>31</b> <b>Aquafitness</b> 9:00 - 9:45am (Kim)	<b>Full Session Runs</b> <b>July 4 - August 18</b> <b>(7 Weeks)</b>		
<b>To register, call the Complex 705-567-5215</b>			