



# Aqua Fitness Schedule

## September 2020



**\*\*As a courtesy to our customers, instructor names are published on the schedule, however, are subject to change & will not be updated on this schedule or website during the month.\*\***

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>•••CLASSES WILL BE LIMITED TO 10 PEOPLE BY RESERVATION ONLY •••</b></p> <p><b>FBS =</b> Tuesday and Thursday 9:30am is a mostly Shallow Water Class for Flexibility, Balance, and Strength</p>	<p><b>BC= Burnt Cedar Pool</b> <b>RC= Rec Center Pool</b></p>	<p>1</p> <p>RC 10:30am FBS Kathy</p> <p>BC 12:00m COMBO Debi</p>	<p>2</p> <p>RC 7:30 am Liquid Cardio Sandy</p> <p>RC 9:00am COMBO Bobsie</p> <p>BC 12:00 pm COMBO Shawna</p>	<p>3</p> <p>RC 10:30am FBS Kathy</p> <p>BC 12:00pm COMBO Bobsie</p>	<p>4</p> <p><b>BURNT CEDAR</b></p> <p>9:30am COMBO Sally</p> <p>10:45am COMBO Micki</p>	<p>5</p> <p><b>BURNT CEDAR</b></p> <p>9:30 am COMBO Shirley</p>	
	<p>7 <i>LABOR DAY</i></p> <p>RC 7:30am Liquid Cardio Sandy</p> <p>RC 9:15am COMBO Bobsie</p> <p>BC 12:00pm COMBO Shawna</p>	<p>8</p> <p>RC 9:15am FBS Bobsie</p> <p>BC 12:00pm COMBO Nancy</p>	<p>9</p> <p>RC 7:30 am Liquid Cardio Sandy</p> <p>RC 9:15am COMBO Bobsie</p> <p>BC 12:00pm COMBO Shawna</p>	<p>10</p> <p>RC 9:15am FBS Shirley</p> <p>BC 12:00pm COMBO Debi</p>	<p>11</p> <p><b>BURNT CEDAR</b></p> <p>9:30am COMBO Sally</p> <p>10:45am COMBO Micki</p>	<p>12</p> <p><b>BURNT CEDAR</b></p> <p>9:30 am COMBO Bobsie</p>	
	<p>14</p> <p>RC 7:30am Liquid Cardio Sandy</p> <p>RC 9:15am COMBO Bobsie</p> <p>BC 12:00pm COMBO Shawna</p>	<p>15</p> <p>RC 9:15am FBS Bobsie</p> <p>BC 12:00pm COMBO Debi</p>	<p>16</p> <p>RC 7:30 am Liquid Cardio Sandy</p> <p>RC 9:15am COMBO Bobsie</p> <p>BC 12:00 pm COMBO Shawna</p>	<p>17</p> <p>RC 9:15am FBS Debi</p> <p>BC 12:00pm COMBO Debi</p>	<p>18</p> <p><b>BURNT CEDAR</b></p> <p>9:30am COMBO Sally</p> <p>10:45am COMBO Micki</p>	<p>19</p> <p><b>BURNT CEDAR</b></p> <p>9:30am COMBO Shirley</p>	
	<p>20</p>	<p>21</p> <p>RC 7:30am Liquid Cardio Sandy</p> <p>RC 9:15am COMBO Bobsie</p> <p>BC 12:00pm COMBO Shawna</p>	<p>22</p> <p>RC 9:15am FBS Bobsie</p> <p>BC 12:00pm COMBO Debi</p>	<p>23</p> <p>RC 7:30am Liquid Cardio Sandy</p> <p>Rc 9:15am COMBO Bobsie</p> <p>BC 12:00pm COMBO Shawna</p>	<p>24</p> <p>RC 9:15am FBS Shirley</p> <p>BC 12:00pm COMBO Debi</p>	<p>25</p> <p><b>BURNT CEDAR</b></p> <p>9:30am COMBO Sally</p> <p>10:45am COMBO Micki</p>	<p>26</p> <p><b>BURNT CEDAR</b></p> <p>9:30am COMBO Shawna</p>
	<p>27 <b>BURNT CEDAR POOL CLOSING</b></p>	<p>28</p> <p>RC 7:30am Liquid Cardio Sandy</p> <p>RC 9:15am COMBO Bobsie</p>	<p>28</p> <p>RC 9:15am FBS Kathy</p>	<p>30</p> <p>RC 7:30 am Liquid Cardio Sandy</p> <p>RC 9:15am COMBO Bobsie</p>			