Monday, November 25

* 10:30 a.m. Water Aerobics (Kathy)
* 12:00 p.m. Chair Aerobics make up (Martha)
* 12:00 p.m. Slides make up (Salina)
* 6:00 p.m. Stability Ball (Maria)

Tuesday, November 26

* 4:30 p.m. Chair Aerobics (Tricia)
* 5:30 p.m. Water Aerobics (Tricia)
* 6:15 p.m. Deep Water (Tricia)

Monday, December 2

* 10:30 a.m. Water Aerobics (Kathy)
* 12:00 p.m. Chair Aerobics (Martha)
* 12:00 p.m. Slides (Salina)
* 5:45 p.m. Core & Cardio (Tricia)
* 6:00 p.m. Stability Ball (Maria)
* 6:45 p.m. Water Aerobics (Tricia)
* 7:30 p.m. Deep Water (Tricia)

Tuesday, December 3

* 3:45 p.m. Chair Aerobics (Tricia)
* 4:45 p.m. Water Aerobics (Tricia)
* 5:30 p.m. Water Toning (Tricia)

Wednesday, December 4

* 10:30 a.m. Aqua Fitness (Martha)

Friday, December 6

* 10:30 a.m. Aqua Fitness (Martha)

Monday, December 9

* 10:30 a.m. Water Aerobics (Kathy)
* 12:00 p.m. Chair Aerobics (Martha)
* 12:00 p.m. Slides (Salina)
* 5:45 p.m. Core & Cardio (Tricia)
* 6:00 p.m. Stability Ball (Maria)
* 6:45 p.m. Water Aerobics (Tricia)
* 7:30 p.m. Deep Water (Tricia)

Wednesday, December 11

* 10:30 a.m. Aqua Fitness (Martha)

Thursday, December 12

* 4:45 p.m. Chair Aerobics (Tricia)
* 5:45 p.m. Water Aerobics (Tricia)
* 6:30 p.m. Water Toning (Tricia)
* 6:30 p.m. Slides (Salina)

Friday, December 13

* 10:30 a.m. Aqua Fitness (Martha)

Monday, December 16

* 10:30 a.m. Water Aerobics (Kathy)
* 12:00 p.m. Chair Aerobics (Martha)
* 12:00 p.m. Slides (Salina)
* 6:00 p.m. Stability Ball (Maria)

Tuesday, December 17

* 3:45 p.m. Chair Aerobics (Tricia)
* 4:45 p.m. Water Aerobics/ Water Toning 1 hr. (Tricia)
* 5:45 p.m. Deep Water (Tricia)

Wednesday, December 18

* 10:30 a.m. Aqua Fitness (Martha)

Thursday, December 19

* 12:00 p.m. Chair Aerobics (Martha)
* 6:30 p.m. Slides (Salina)

Monday, January 6

* 10:30 a.m. Water Aerobics (Kathy)
* 12:00 p.m. Chair Aerobics (Martha)
* 12:00 p.m. Slides (Salina)
* 5:45 p.m. Core & Cardio (Tricia)
* 6:45 p.m. Water Aerobics (Tricia)
* 7:30 p.m. Deep Water (Tricia)

Wednesday, January 8

* 10:30 a.m. Aqua Fitness (Martha)

Thursday, January 9

* 12:00 p.m. Chair Aerobics (Martha)
* 4:45 p.m. Chair Aerobics (Tricia)
* 5:45 p.m. Water Aerobics (Tricia)
* 6:30 p.m. Water Toning (Tricia)
* 6:30 p.m. Slides (Salina)