









St. Andrew's  
**FAMILY WATER AEROBICS SCHEDULE**  
 Fitness Plus!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am	Hydro Power Nancy	Deep Water Dynamics Nancy	Hydro Power Nancy	Deep Water Dynamics Nancy	Aqua Yoga Mimi	
8:30am	Cool Combos Maggie	 Maggie	Cool Combos Maggie	 Maggie	Cool Combos Maggie	
9:00am	 Marian	Rise + Shine Marian	 Marian	Rise + Shine Marian	 Marian	Deep Water Dynamics Barbara
10:00am	Deep Water Dynamics Maggie	 Maggie	Deep Water Dynamics Maggie	 Maggie	Deep Water Dynamics Maggie	
10:15am	 Diane	Deep Water Intensity/ Aqua Pilates Diane	 Diane	Deep Water Intensity/ Aqua Pilates Diane		
6:00pm 	Aqua ZUMBA FITNESS Prisca 	~5:45pm~ Deep Water Dynamics Barbara	Happy Hour Joddi	~5:45pm~ Deep Water Dynamics Barbara		

All classes are taught by certified instructors.  
 Classes and Instructors are subject to change.

**NEW**

*Updated 9-1-10*

