

Water Aerobics

December 2019

***New Class: Extreme H2O**—featured class of the month **EXTREME TABATA!**

Join us Tuesday, December 3rd, 10th and 17th from **9:30-10:30** for an hour long **HIGH INTENSITY INTERVAL** class guaranteed to make you sweat in the water!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:00 Jennifer 10:00 Lallie 11:00 Cindy	3 *9:30 Lallie Shallow Tabata	4 9:00 Cindy 10:00 Cindy 11:00 Jennifer	5	6 9:00 Lallie 10:00 Jennifer 11:00 Edie	7
8	9 9:00 Lallie 10:00 Cindy 11:00 Cindy	10 *9:30 Jennifer Deep Tabata	11 9:00 Cindy 10:00 Jennifer 11:00 Jennifer	12	13 9:00 Jennifer 10:00 Lallie 11:00 Lallie	14
15	16 9:00 Jennifer 10:00 Cindy 11:00 Lallie	17 *9:30 Jennifer Combined Shallow/Deep	18 9:00 Cindy 10:00 Cindy 11:00 Jennifer	19	20 9:00 Lallie 10:00 Jennifer 11:00 Cindy	21
22	23 9:00 Jennifer 10:00 Cindy 11:00 Edie	24 Christmas Eve	25 Merry Christmas	26	27 9:00 Jennifer 10:00 Lallie 11:00 Lallie	28
29	30 9:00 Jennifer 10:00 Lallie 11:00 Cindy	31 New Year's Eve				