



WATER AEROBICS

JULY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Our hour long Extreme H2O class returns on Tuesdays from 9:30-10:30 this month!!</i>			1 9:00 Jana 10:00 Lallie 11:00 Lallie	2	3 9:00 Jennifer 10:00 Jennifer 11:00 Jana	4 Happy Independence Day!
5	6 9:00 Jana 10:00 Jennifer 11:00 Edie	7 9:30 Deep TABATA with Jana	8 9:00 Jennifer 10:00 Lallie 11:00 Cindy	9	10 9:00 Lallie 10:00 Cindy 11:00 Jennifer	11
12	13 9:00 Jennifer 10:00 Cindy 11:00 Lallie	14 9:30 Boot Camp with Jennifer	15 9:00 Jana 10:00 Lallie 11:00 Cindy	16	17 9:00 Lallie 10:00 Jennifer 11:00 Jana	18
19	20 9:00 Jennifer 10:00 Jana 11:00 Edie	21 9:30 Shallow TABATA with Lallie	22 9:00 Jana 10:00 Jennifer 11:00 Lallie	23	24 9:00 Cindy 10:00 Lallie 11:00 Jana	25
26	27 9:00 Jennifer 10:00 Jana 11:00 Cindy	28 9:30 Boot Camp with Jennifer	29 9:00 Cindy 10:00 Lallie 11:00 Edie	30	31 9:00 Lallie 10:00 Jennifer 11:00 Jana	