

July 2021

Aquatics/Chair/Tai Chi

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	INSTRUCTORS ARE SUBJECT TO CHANGE!			1 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am Feel Good Aquatics-Deb 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	2 8:00am LP Cross Currents-Brenda 9:00am TP Aqua Flow-Brenda 12:00pm TP Aqua Flow-Brenda	3
4	5 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am Feel Good Aquatics-Deb 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Brenda 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	6 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am Feel Good Aquatics-Deb 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	7 8:00am LP Aqua Walking-Linda 9:00am TP Aqua Flow-Linda 9:00am Chair-Lentha 9:00am LP Fun & Fit-Lisa 10:00am Feel Good Aquatics-Deb 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Brenda	8 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am Feel Good Aquatics-Deb 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	9 8:00am LP Cross Currents-Brenda 9:00am TP Aqua Flow-Brenda 12:00pm TP Aqua Flow-Brenda	10
11	12 8:00am LP Cross Currents-Pam 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am Feel Good Aquatics-Deb 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	13 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am Feel Good Aquatics-Deb 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	14 8:00am LP Aqua Walking-Linda 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am Feel Good Aquatics-Deb 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam	15 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am Feel Good Aquatics-Deb 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	16 8:00am LP Cross Currents-Brenda 9:00am TP Aqua Flow-Brenda 12:00pm TP Aqua Flow-Brenda	17
18/25	19/26 8:00am LP Cross Currents-Pam 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am Feel Good Aquatics-Deb 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	20/27 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am Feel Good Aquatics-Deb 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	21/28 8:00am LP Aqua Walking-Linda 9:00am TP Aqua Flow-Pam 9:00am LP Fun & Fit-Lisa 9:00am Chair-Lentha 10:00am Feel Good Aquatics-Deb 10:10am Tai Chi-Emmy 1:10pm TP Aqua Flow-Pam	22/29 8:00am LP Cross Currents-Linda 9:00am TP Aqua Flow-Linda 9:00am LP Fun & Fit-Lisa 9:00am Chair Yoga-Lentha 10:00am Feel Good Aquatics-Deb 2:30pm Moderately Deep-Brenda 5:30pm LP Making Waves-Brenda	22/30 8:00am LP Cross Currents-Brenda 9:00am TP Aqua Flow-Brenda 12:00pm TP Aqua Flow-Brenda <hr/> LP-LAP POOL TP-THERAPY POOL	23/31

