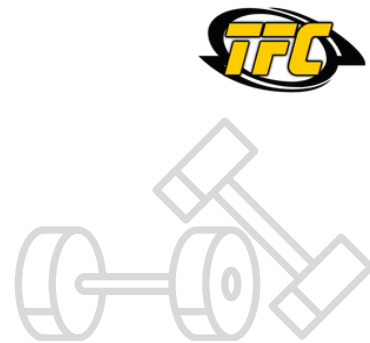




JANUARY RUSSELLVILLE RD GROUP AQUATICS



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 AM	Aqua Tabata		Aqua Cardio	*Water Walking Cardio + Strength	Aqua Bootcamp +Strength	Saturday Splash
	w/Carrie (1/6) w/Chandler (1/13, 1/20,1/27)		w/Chandler (1/8, 1/22) w/Ana (1/15, 1/29)	w/ Megan *Class starts (1/23)	w/Megan (1/3 & 1/10) w/Chandler (1/17,1/24,1/31)	Aqua Bootcamp + Strength w/Megan (1/4 & 1/18) *Aqua Bootcamp + Water Walking Cardio + Strength Fusion w/Megan (90 minutes) *(1/11) Aqua Tabata + Kickboxing w/Megan (1/25)
9:30-10:30 AM	Aqua Strength & Stability	*Water Walking Cardio + Strength	Aqua Strength & Stability		Aqua Strength & Stability	
	w/Megan (1/6) w/Chandler (1/13) w/Carrie (1/20 & 1/27)	w/ Megan	w/Megan (1/8, 1/22) w/Chandler (1/15 & 1/29)		w/Carrie (1/3 & 1/10) w/Megan (1/17,1/24,1/31)	
5:30-6:30 PM	Aqua Bootcamp		Aqua Tabata		Aqua Dance	
	w/ Peggy		w/ Chandler (1/8) w/Peggy (1/15,1/22,1/29)		w/ Carrie	

