

JULY

RUSSELLVILLE ROAD GROUP AQUATICS

2024



		MON	TUE	WED	THU	FRI	SAT
8:30-9:30 AM	Aqua Cardio -Chandler -Carrie (7/22)			Aqua Bootcamp + Strength -Chandler *No class (7/24)		Aqua Tabata -Chandler	Saturday Splash Aqua Bootcamp w/ Chandler 7/6 Aqua Dance w/Carrie 7/13 **No class on 7/20 Aqua Strength & Stability w/Carrie 7/27
9:30-10:30 AM	Aqua Strength & Stability -Carrie -Chandler (7/1)			Aqua Strength & Stability -Carrie (7/3, 7/24, 7/31) -Chandler (7/10,7/17)		Aqua Strength & Stability -Amy	
5:30-6:30 PM	Aqua Bootcamp -Peggy -Chandler 7/8	Aqua Tabata -Carrie				Aqua Dance -Carrie Aqua Cardio (7/26) -Chandler	