

**Water Fitness Classes  
Summer 2007**

**WP slide** = waterpark slide well    **IP** = indoor pool  
**WP lap** = waterpark lap lanes    **OP** = outdoor pool

<i>Class Name</i>	<i>Program ID</i>	<i>Ages</i>	<i>Days</i>	<i>Times</i>	<i>Instructor</i>	<i>Location</i>
<b>AQUATICS</b>						
<b>Water Fitness Classes</b>						
Prenatal - June	20627-09	13+	W	7:45-8:30p	Kerry	IP
Prenatal - June	20627-10	13+	F	10:15-11:00a	Kerry	IP
Prenatal - July	20627-11	13+	W	7:45-8:30p	Kerry	IP
Prenatal - July	20627-12	13+	F	10:15-11:00a	Kerry	IP
Prenatal - August	20627-13	13+	W	7:45-8:30p	Kerry	IP
Prenatal - August	20627-14	13+	F	10:15-11:00a	Kerry	IP
Water Workout	20625-01	13+	MW	10:00-11:00a	Jane	IP
Water Workout	20625-02	13+	TTh	8:30-9:30a	Jane	WP lap
Water Workout	20625-04	13+	MWF	11:00-11:45a	Angie	WP lap
Splash Aerobics	20625-03	13+	TTh	7:30-8:15p	Ashley	IP
Deep Water Aerobics	20625-05	13+	TTh	11:00-12:00p	Jane	IP
Deep Water Aerobics	20625-06	13+	M	7:30-8:30p	Jane	IP
Arthritis - June	20618-06	13+	TTh	11:00-12:00p	Lorie	WP lap
Arthritis - July	20618-08	13+	TTh	11:00-12:00p	Lorie	WP lap
Arthritis - August	20618-10	13+	TTh	11:00-12:00p	Lorie	WP lap