

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>***PLEASE NOTE JULY 5-9 WEEK CLASS TIME CHANGES!!!! *****</p>	<p><b>JULY 2010</b> Golden Strip Branch – Lori Dredge – Wellness Coordinator Questions or Comments – <a href="mailto:ldredge@vmcagreenville.org">ldredge@vmcagreenville.org</a></p>		<p>1</p> <p>9:00 Go Deep SANDY</p> <p>9:50 H2O Works/Strength (45 min) TANIA</p> <p>6:45 Aqua Fit TAUNYA</p>	<p>2</p> <p>8:20 H2O Combo TANIA</p> <p>9:10 Aqua Fit TANIA</p> <p>10:05 Arthritis TAUNYA</p>	<p>3</p> <p>9:00 Ultimate Aqua BRIANNA</p>
<p>5 *****</p> <p>8:00 H2O Combo TAUNYA</p> <p>8:50 Aqua Fit TANIA</p> <p>9:40 Silver Splash TANIA **Pool will remain open during All classes this week .</p> <p>6:45 Aqua Fit BRIANNA</p>	<p>6</p> <p>8:20 Go Deep BRIANNA</p> <p>9:10 H2O Works/Strength (45 min) TAUNYA</p> <p>6:45 H2O Combo SUSIE</p>	<p>7</p> <p>8:00 Aqua Fit SANDY</p> <p>8:50 H2O Combo SANDY</p> <p>9:40 Arthritis TANIA **Pool will remain open during All classes this week.</p> <p>7:30 H2O Boot Camp I ANN MARIE</p>	<p>8</p> <p>8:20 Go Deep TANIA</p> <p>9:10 H2O Works/Strength (45 min) TANIA</p> <p>6:45 Aqua Fit JOLENE</p>	<p>9</p> <p>8:00 H2O Combo SANDY</p> <p>8:50 Aqua Fit SANDY</p> <p>9:40 Arthritis TAUNYA **Pool will remain open during All classes this week.</p>	<p>10</p> <p>9:00 Ultimate Aqua JOLENE</p>
<p>12</p> <p>8:20 H2O Combo SANDY</p> <p>9:10 Aqua Fit TANIA</p> <p>10:05 Silver Splash TANIA</p> <p>6:45 Aqua Fit BRIANNA</p>	<p>13</p> <p>9:00 Go Deep TANIA</p> <p>9:50 H2O Works/Strength (45 min) TANIA</p> <p>6:45 H2O Combo JOLENE</p>	<p>14</p> <p>8:20 Aqua Fit SANDY</p> <p>9:10 H2O Combo SANDY</p> <p>10:05 Arthritis TANIA</p> <p>7:30 H2O Boot Camp I TAUNYA</p>	<p>15</p> <p>9:00 Go Deep TAUNYA</p> <p>9:50 H2O Works/Strength (45 min) TAUNYA</p> <p>6:45 Aqua Fit JOLENE</p>	<p>16</p> <p>8:20 H2O Combo SANDY</p> <p>9:10 Aqua Fit TANIA</p> <p>10:05 Arthritis TAUNYA</p>	<p>17</p> <p>9:00 Ultimate Aqua TAUNYA</p>
<p>19</p> <p>8:20 H2O Combo SANDY</p> <p>9:10 Aqua Fit TANIA</p> <p>10:05 Silver Splash TANIA</p> <p>6:45 Aqua Fit BRIANNA</p>	<p>20</p> <p>9:00 Go Deep TANIA</p> <p>9:50 H2O Works/Strength (45 min) TANIA</p> <p>6:45 H2O Combo SUSIE</p>	<p>21</p> <p>8:20 Aqua Fit SANDY</p> <p>9:10 H2O Combo SANDY</p> <p>10:05 Arthritis TANIA</p> <p>7:30 H2O Boot Camp I JOLENE</p>	<p>22</p> <p>9:00 Go Deep BRIANNA</p> <p>9:50 H2O Works/Strength (45 min) BRIANNA</p> <p>6:45 Aqua Fit JOLENE</p>	<p>23</p> <p>8:20 H2O Combo SANDY</p> <p>9:10 Aqua Fit SANDY</p> <p>10:05 Arthritis TANIA</p>	<p>24</p> <p>9:00 Ultimate Aqua BRIANNA</p>
<p>26</p> <p>8:20 H2O Combo SANDY</p> <p>9:10 Aqua Fit TANIA</p> <p>10:05 Silver Splash TANIA</p> <p>6:45 Aqua Fit BRIANNA</p>	<p>27</p> <p>9:00 Go Deep TAUNYA</p> <p>9:50 H2O Works/Strength (45 min) BRIANNA</p> <p>6:45 H2O Combo SUSIE</p>	<p>28</p> <p>8:20 Aqua Fit SANDY</p> <p>9:10 H2O Combo SANDY</p> <p>10:05 Arthritis TAUNYA</p> <p>7:30 H2O Boot Camp I JOLENE</p>	<p>29</p> <p>9:00 Go Deep TAUNYA</p> <p>9:50 H2O Works/Strength (45 min) TAUNYA</p> <p>6:45 Aqua Fit JOLENE</p>	<p>30</p> <p>8:20 H2O Combo BRIANNA</p> <p>9:10 Aqua Fit BRIANNA</p> <p>10:05 Arthritis TAUNYA</p>	<p>31</p> <p>9:00 Ultimate Aqua JOLENE</p>

