

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:20 H2O Combo SANDY 9:10 Aqua Fit TANIA 10:05 Silver Splash TANIA 6:45 Aqua Fit BRIANNA	2 9:00 Go Deep SANDY 9:50 H2O Works/Strength (45 min) SANDY 6:45 H2O Combo SUSIE	3 8:20 Aqua Fit SANDY 9:10 H2O Combo SANDY 10:05 Arthritis TANIA 7:30 H2O Boot Camp I TAUNYA	4 9:00 Go Deep JAN 9:50 H2O Works/Strength (45 min) JAN 6:45 Aqua Fit JOLENE	5 8:20 H2O Combo SANDY 9:10 Aqua Fit TANIA 10:05 Arthritis TAUNYA	6 NO CLASS TODAY TEACHER TRAINING / POOL IN USE
8 8:20 H2O Combo SANDY 9:10 Aqua Fit TANIA 10:05 Silver Splash TANIA 6:45 Aqua Fit BRIANNA	9 9:00 Go Deep TAUNYA 9:50 H2O Works/Strength (45 min) TAUNYA 6:45 H2O Combo SUSIE	10 8:20 Aqua Fit SANDY 9:10 H2O Combo SANDY 10:05 Arthritis DEB 7:30 H2O Boot Camp I TAUNYA	11 9:00 Go Deep SANDY 9:50 H2O Works/Strength (45 min) TANIA 6:45 Aqua Fit JOLENE	12 **OPEN DOORS DAY 8:20 H2O Combo SANDY 9:10 Aqua Fit TANIA 10:05 Arthritis TAUNYA	13 9:00 Ultimate Aqua TANIA
15 8:20 H2O Combo SANDY 9:10 Aqua Fit TANIA 10:05 Silver Splash TANIA 6:45 Aqua Fit BRIANNA	16 9:00 Go Deep TAUNYA 9:50 H2O Works/Strength (45 min) TANIA 6:45 H2O Combo SUSIE	17 8:20 Aqua Fit SANDY 9:10 H2O Combo SANDY 10:05 Arthritis TANIA 7:30 H2O Boot Camp I TAUNYA	18 9:00 Go Deep JAN 9:50 H2O Works/Strength (45 min) JAN 6:45 Aqua Fit JOLENE	19 8:20 H2O Combo SANDY 9:10 Aqua Fit SANDY 10:05 Arthritis TAUNYA **SENIOR LINE DANCE A-THON. 11:30-1:30	20 9:00 Ultimate Aqua JOLENE
22 8:20 H2O Combo SANDY 9:10 Aqua Fit TANIA 10:05 Silver Splash TANIA 6:45 Aqua Fit TAUNYA	23 9:00 Go Deep TAUNYA 9:50 H2O Works/Strength (45 min) TAUNYA 6:45 H2O Combo SUSIE	24 8:20 Aqua Fit SANDY 9:10 H2O Combo SANDY 10:05 Arthritis TANIA 7:30 H2O Boot Camp I JOLENE	25 9:00 Go Deep JAN 9:50 H2O Works/Strength (45 min) JAN 6:45 Aqua Fit JOLENE	26 8:20 H2O Combo SANDY 9:10 Aqua Fit TANIA 10:05 Arthritis TAUNYA	27 9:00 Ultimate Aqua TAUNYA
29 8:20 H2O Combo SANDY 9:10 Aqua Fit TANIA 10:05 Silver Splash TANIA 6:45 Aqua Fit BRIANNA	30 9:00 Go Deep TAUNYA 9:50 H2O Works/Strength (45 min) BRIANNA 6:45 H2O Combo SUSIE	31 8:20 Aqua Fit SANDY 9:10 H2O Combo SANDY 10:05 Arthritis DEB 7:30 H2O Boot Camp I TAUNYA	**Note tues/thurs class time changes Mornings start @ 9:00 Nights start @ 6:45		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h2>March 2010</h2> <p>Golden Strip Branch – Lori Dredge – Wellness Coordinator Questions or Comments – ldredge@ymcagreenville.org</p> </div>

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