



WESTBORO'S BEST FOR SWIMMING, FITNESS, TENNIS & GROUP EXERCISE

Water Fitness Schedule Fall 2005

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:30AM						Lynette Moderate	
9-10AM	JUDY Low Intensity	JILL Moderate	DARLINE High Intensity	JILL Moderate	JULIE Moderate		DARLINE High Intensity
12-1PM		LYNNE *** Low Intensity			LYNNE *** Low Intensity		
6:30-7:30pm		DIANE High Intensity		JULIA High Intensity			
7:15-8:15pm	JULIE High Intensity		Lynette Moderate				
MASTER WATER Fitness						BI-MONTHLY See sign-up book for details	

The Club reserves the right to change the schedule and substitute instructors if necessary.