


Water Fitness

January

Clinics and Regularly Scheduled Classes

2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Holiday Hours No Class	2 Deep Water Workout 9:00-10:00AM Darline	3 Hydro Challenge 9:00-10:00AM Jill Recovery Thru Water * by appointment Jill Aqua Fit 12:00-12:45PM Lynne Cardio Tunes 6:30-7:30PM Diane	4 Hydrotone 9:00-10:00AM Darline Recovery Thru Water * by appointment Darline Little Splash * 10:45-11:30AM Darline	5 Hydro Challenge 9:00-10:00AM Jill Cardio Tunes 6:30-7:30PM Diane	6 Hi/Low H2O 9:00-10:00AM Darline Aqua Fit 12:00-12:45 Lynne	7 Aqua Challenge 8:30-9:30AM Lynette
8 Cardio Intervals 9:00-10:00AM Beth Family Water Fitness * 11:30-12:15PM Darline	9 Deep Water Workout 9:00-10:00AM Donna Water Walking 11:00-12:00PM Donna Kick It Cardio 7:15-8:15PM Julie	10 Hydro Challenge 9:00-10:00AM Darline Aqua Fit 12:00-12:45PM Lynne Cardio Tunes 6:30-7:30PM Diane	11 Hydrotone 9:00-10:00AM Darline Recovery Thru Water * by appointment Darline Little Splash * 10:45-11:30AM Darline Triathlon 7:15-8:15PM Julia	12 Hydro Challenge 9:00-10:00AM Lynne Cardio Tunes 6:30-7:30PM Diane	13 Make Waves * 5:30-6:15AM TBD Hi/Low H2O 9:00-10:00AM Darline Aqua Fit 12:00-12:45PM Lynne	14 Deep Water Power 8:30-9:30AM Darline Teen Tone – Girls * 11:30-12:15PM Darline
15 Cardio Tunes 9:00-10:00AM Diane Family Water Fitness * 11:30-12:15PM Darline	16 Deep Water Workout 9:00-10:00AM Donna Water Walking 11:00-12:00PM Donna Baby * 1:30-2:15PM Darline Aqua Circuit 7:15-8:15PM Julie	17 Hydro Challenge 9:00-10:00AM Jill Recovery Thru Water * by appointment Jill Aqua Fit 12:00-12:45PM Lynne Cardio Tunes 6:30-7:30PM Diane	18 Hydrotone 9:00-10:00AM Darline Recovery Thru Water * by appointment Darline Little Splash * 10:45-11:30AM Darline Triathlon 7:15-8:15PM Julia	19 Hydro Challenge 9:00-10:00AM Jill Cardio Tunes 6:30-7:30PM Diane	20 Make Waves * 5:30-6:15AM TBD Hi/Low H2O 9:00-10:00AM Darline Aqua Fit 12:00-12:45PM Lynne	21 Masters Class 8:00-9:30AM Water Fitness Team Aqua Kids * 11:30-12:15PM Darline
22 Swim Meet Pool opens @ Noon	23 Deep Water Workout 9:00-10:00AM Donna Water Walking 11:00-12:00PM Donna Kick It Cardio 7:15-8:15PM Julie	24 Hydro Challenge 9:00-10:00AM Jill Recovery Thru Water * by appointment Jill Aqua Fit 12:00-12:45PM Lynne Cardio Tunes 6:30-7:30PM Diane	25 Hydrotone 9:00-10:00AM Darline Recovery Thru Water * by appointment Darline Little Splash * 10:45-11:30AM Darline Triathlon 7:15-8:15PM Julia	26 Hydro Challenge 9:00-10:00AM Jill Hydro Pump * 10:45-11:30AM Jill Cardio Tunes 6:30-7:30PM Diane	27 Make Waves * 5:30-6:15AM TBD Hi/Low H2O 9:00-10:00AM Darline Aqua Fit 12:00-12:45PM Lynne	28 Deep Water Power 8:30-9:30AM Darline Teen Tone – Boys * 11:30-12:15PM Darline
29 Swim Meet Pool opens @ Noon	30 Deep Water Workout 9:00-10:00AM Donna Water Walking 11:00-12:00PM Donna Aqua Circuit 7:15-8:15PM Julie	31 Hydro Challenge 9:00-10:00AM Jill Recovery Thru Water * by appointment Jill 12:00-12:45PM Lynne Cardio Tunes 6:30-7:30PM Diane	 WESTBORO TENNIS & SWIM CLUB	Clinics have an * and must be registered for 24 hours in advance at the Front Desk.	Clinics with less than 4 people will be canceled, except for Recovery Thru Water. Recovery Thru Water does have a fee attached.	If you have any questions about Water Fitness, please email Darline Yatim waterfitness twc@verizon.net