

APRIL 2024 WATER AEROBICS AT SPRINGHILL

<u>Monday</u> <u>April 1</u>	<u>Tuesday</u> <u>April 2</u>	<u>Wednesday</u> <u>April 3</u>	<u>Thursday</u> <u>April 4</u>	<u>Friday</u> <u>April 5</u>
Shallow 7:30 – 8:25 Lisa		Shallow 7:30 – 8:25 Lisa		Shallow 7:30 – 8:25 Lisa
Shallow 8:30 – 9:25 Lisa	Deep 9:00 – 9:55 Pam	Shallow 8:30 – 9:25 Lisa		Shallow 8:30 – 9:25 Lisa
Deep 9:40 – 10:35 Mary	Aqua Get Fit 10:00 – 10:55 SUB Jennifer	Deep 9:40 – 10:35 Pam		Deep 9:40 – 10:35 Mary
Arthritis 10:40 – 11:35 Mary	Aqua Fit Drop In 11:00 -11:55 Jennifer	Arthritis 10:40 – 11:35 Pam		Arthritis 10:40 – 11:35 Mary

<u>Monday</u> <u>April 8</u>	<u>Tuesday</u> <u>April 9</u>	<u>Wednesday</u> <u>April 10</u>	<u>Thursday</u> <u>April 11</u>	<u>Friday</u> <u>April 12</u>
Shallow 7:30 – 8:25 Lisa		Shallow 7:30 – 8:25 Lisa		Shallow 7:30 – 8:25 Lisa
Shallow 8:30 – 9:25 Lisa	Deep 9:00 – 9:55 Pam	Shallow 8:30 – 9:25 Lisa		Shallow 8:30 – 9:25 Lisa
Deep 9:40 – 10:35 Mary	Aqua Get Fit 10:00 – 10:55 Pam	Deep 9:40 – 10:35 Pam		Deep 9:40 – 10:35 Mary
Arthritis 10:40 – 11:35 Mary	Aqua Fit Drop In 11:00 – 11:55 Jennifer	Arthritis 10:40 – 11:35 Pam		Arthritis 10:40 – 11:35 Mary

<u>Monday</u> <u>April 15</u>	<u>Tuesday</u> <u>April 16</u>	<u>Wednesday</u> <u>April 17</u>	<u>Thursday</u> <u>April 18</u>	<u>Friday</u> <u>April 19</u>
Shallow 7:30 – 8:25 Lisa		Shallow 7:30 – 8:25 Lisa		Shallow 7:30 – 8:25 Lisa
Shallow 8:30 – 9:25 Lisa	Deep 9:00 – 9:55 Pam	Shallow 8:30 – 9:25 Lisa		Shallow 8:30 – 9:25 Lisa
Deep 9:40 – 10:35 Mary	Aqua Get Fit 10:00 – 10:55 Pam	Deep 9:40 – 10:35 Pam		Deep 9:40 – 10:35 Mary
Arthritis 10:40 – 11:35 Mary	Aqua Fit Drop In 11:00 – 11:55 Jennifer	Arthritis 10:40 – 11:35 Pam		Arthritis 10:40 – 11:35 Mary

<u>Monday</u> <u>April 22</u>	<u>Tuesday</u> <u>April 23</u>	<u>Wednesday</u> <u>April 24</u>	<u>Thursday</u> <u>April 25</u>	<u>Friday</u> <u>April 26</u>
Shallow 7:30 – 8:25 Lisa		Shallow 7:30 – 8:25 CANCELLED		Shallow 7:30 – 8:25 Lisa
Shallow 8:30 – 9:25 Lisa	Deep 9:00 – 9:55 Pam	Shallow 8:30 – 9:25 CANCELLED		Shallow 8:30 – 9:25 Lisa
Deep 9:40 – 10:35 Mary	Aqua Get Fit 10:00 – 10:55 Pam	Deep 9:40 – 10:35 Pam		Deep 9:40 – 10:35 Mary
Arthritis 10:40 – 11:35 Mary	Aqua Fit Drop In 11:00 – 11:55 CANCELLED	Arthritis 10:40 – 11:35 Pam		Arthritis 10:40 – 11:35 Mary

<u>Monday</u> <u>April 29</u>	<u>Tuesday</u> <u>April 30</u>
Shallow 7:30 – 8:25 Lisa	
Shallow 8:30 – 9:25 Lisa	Deep 9:00 – 9:55 Pam
Deep 9:40 – 10:35 Mary	Aqua Get Fit 10:00 – 10:55 Pam
Arthritis 10:40 – 11:35 Mary	Aqua Fit Drop In 11:00 – 11:55 Jennifer