

**Group Water FitnessClasses  
and Adult Lessons  
SFC Indoor Pool**

**Spring 2010 Group Water Fitness  
and Adult Lessons Schedule  
March 15 - April 30, 2010**



MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
5:00-5:45PM	H2O Boot Camp Briquea	5:00-5:45PM	H2O Challenge Rachel	5:00-5:45PM	H2O Boot Camp Briquea	5:00-5:45PM	H2O Challenge Rachel
		6:00-6:45PM	Beginner Adult Lessons Jesse	6:00-6:45PM	Beginner Adult Lessons Kelsey		
All Classes begin the week of March 15!				All Classes Require Pre-Registration and a Class Fee: Students: \$5 Fac/Staff/SFC Members: \$10			

