

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

**Spring 2010 Group Water Fitness
and Adult Lessons Schedule
January 11 - March 7, 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 | Stoke Development Adult Lessons Hannah | 6:00-6:45PM | Beginner Adult Lessons Kelsey | 6:00-6:45PM | Beginner Adult Lessons Jesse | 6:00-6:45PM | Intermediate Adult Lessons Hannah |
| 8:30-9:30PM | Master's Swim Workout Hannah | | | 8:30-9:30PM | Master's Swim Workout Hannah | | All Classes Require Pre-Registration and a Class Fee. |