



# August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>10:30-11:00</i> <i>Just my speed</i> <i>6:15-7:00</i> <i>Move it &amp; Lose it</i>	2 <i>10:00-10:45</i> <i>Aqua-Mixer</i>	3
4	5	6	7	8	9	10
— Maintenance Week Pool Closed —						
11	12 <i>10:00-10:45</i> <i>Aqua-cize</i> <i>10:45-11:15</i> <i>Noodlin'Around</i>	13 <i>10:30-11:00</i> <i>Just my speed</i> <i>6:15-7:00</i> <i>Move it &amp; Lose it</i>	14 <i>10:00-10:45</i> <i>Move it and Lose it</i> <i>10:45-11:15</i> <i>Dig Deep</i>	15 <i>10:30-11:00</i> <i>Just my speed</i> <i>6:15-7:00</i> <i>Move it &amp; Lose it</i>	16 <i>10:00-10:45</i> <i>Aqua-Mixer</i>	17
18	19 <i>10:00-10:45</i> <i>Aqua-cize</i> <i>10:45-11:15</i> <i>Noodlin'Around</i>	20 <i>10:30-11:00</i> <i>Just my speed</i> <i>6:15-7:00</i> <i>Move it &amp; Lose it</i>	21 <i>10:00-10:45</i> <i>Move it and Lose it</i> <i>10:45-11:15</i> <i>Dig Deep</i>	22 <i>10:30-11:00</i> <i>Just my speed</i> <i>6:15-7:00</i> <i>Move it &amp; Lose it</i>	23 <i>10:00-10:45</i> <i>Aqua-Mixer</i>	24
25	26 <i>10:00-10:45</i> <i>Aqua-cize</i> <i>10:45-11:15</i> <i>Noodlin'Around</i>	27 <i>10:30-11:00</i> <i>Just my speed</i> <i>6:15-7:00</i> <i>Move it &amp; Lose it</i>	28 <i>10:00-10:45</i> <i>Move it and Lose it</i> <i>10:45-11:15</i> <i>Dig Deep</i>	29 <i>10:30-11:00</i> <i>Just my speed</i> <i>6:15-7:00</i> <i>Move it &amp; Lose it</i>	30 <i>10:00-10:45</i> <i>Aqua-Mixer</i>	31