Water Aerobics Schedule
March 2010

Mon	Tue	Wed	Thu	Fri
1 **Water Wake Up**, 6-6:45am, Ron **Water Walk**, 8:30am-9:15am, Ester **Ocean Motion**, 8:45-9:30am, Sharon **Aqua Step**, 9:30am-10:15an, Sharon	2 **Water Wake Up, 6-6:45am, Ron** **Hi/Low Water Interval** 8:30-9:15a Ron **Cardio Split,** 9:30am-10:15am, Ron **Ocean Motion**, 9:30-10:15am, Sharon **Water Walk**, 7pm-8pm, suzi	3 **Water Wake Up**, 6-6:45am, Ron **Hi/Low Water Interval** 8-8:45, Ron **Water Walk**, 8:30am-9:15am, Ester **Ocean Motion**, 8:45-9:30am, Sharon **Aqua Step**, 9:30am-10:15an, Sharon **Hi/Low Water Interval,** 6pm-6:45pmRon	4 **Water Wake Up, 6-6:45am, Ron** **Hi/Low Water Interval** 8:30-9:15a Ron **Cardio Split,** 9:30am-10:15am, Ron **Ocean Motion**, 9:30-10:15am, Sharon	5 **Water Wake Up**, 6-6:45am, Ron **Hi/Low Water Interval** 8-8:45, Ron **Water Walk**, 8:30am-9:15am, Ester **Ocean Motion**, 8:45-9:30am, Sharon **Aqua Step**, 9:30am-10:15an, Sharon **Hi/Low Water Interval**, 5:30pm-6:15pmRon
8 **Water Wake Up**, 6-6:45am, Ron **Water Walk**, 8:30am-9:15am, Ester **Ocean Motion**, 8:45-9:30am, Sharon **Aqua Step**, 9:30am-10:15an, Sharon	9 **Water Wake Up, 6-6:45am, Ron** **Hi/Low Water Interval** 8:30-9:15a Ron **Cardio Split,** 9:30am-10:15am, Ron **Ocean Motion**, 9:30-10:15am, Sharon **Water Walk**, 7pm-8pm, suzi	10 **Water Wake Up**, 6-6:45am, Ron **Hi/Low Water Interval** 8:00-8:45a Ron **Water Walk**, 8:30am-9:15am, Ester **Ocean Motion**, 8:45-9:30am, Sharon **Aqua Step**, 9:30am-10:15an, Sharon **Hi/Low Water Interval,** 6pm-6:45pmRon	11 **Water Wake Up, 6-6:45am, Ron** **Hi/Low Water Interval** 8:30-9:15a Ron **Cardio Split,** 9:30am-10:15am, Ron **Ocean Motion**, 9:30-10:15am, Sharon	12 **Water Wake Up**, 6-6:45am, Ron **Hi/Low Water Interval** 8-8:45, Ron **Water Walk**, 8:30am-9:15am, Ester **Ocean Motion**, 8:45-9:30am, Sharon **Aqua Step**, 9:30am-10:15an, Sharon **Hi/Low Water Interval**, 5:30pm-6:15pmRon
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