


















# HIGHWAY 54

(770) 487-4273

## SEPTEMBER SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15a	 Linda		MUSCLE CHALLENGE Beth			
6:30a					YOGA Toni	
8:15a	 Linda	 Colleen	 Amy	PILATES MAT PLUS Amy	 Linda	 Carla
9:20a	MUSCLE CHALLENGE Linda	 Colleen	 Meg B.	 Amy	 Julie	 Eric
10:30a	YOGA Merilee	SILVERSNEAKERS MSROM Kristen H.	 Jodi	SILVERSNEAKERS MSROM Kristen H. / Laura	PILATES MAT PLUS Kathy P.	YOGA (75 minutes) Kathy P / Merilee
4:30p	 Amy	 Carla	 Kristen H.	 Jodi / Tamara / Laura		<b>SUN 5:30PM</b>
5:30p	 Tamara	 Carla	KICKBOXING Renee	 Mary Catherine		 Karen / Angela
6:35p		 Kareen		 Crystal		
7:15p	YOGA Kathy P.		YOGA Merilee			
7:35p		YOGA Mary Catherine				

## AQUA SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00a	*SWIMFIT FITNESS Denise					
9:15a	*WATER WORKS Julie	*SWIMFIT FITNESS Denise	*H2O POWER HOUR Linda		*WATER WORKS Margaret	*WATER WORKS LeeAnn
10:30a	*ARTHRITIS & FIBROMYALGIA Julie	*SILVERSPLASH Kathy A.	*ARTHRITIS & FIBROMYALGIA Linda	*SILVERSPLASH Margaret	*ARTHRITIS & FIBROMYALGIA Margaret	
5:30p	*WATER WORKS Carol		*H2O POWER HOUR Carol			
6:30p				*SWIMFIT FITNESS Denise		

\*Denotes No Lap Lanes Open During Aqua Classes.