

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00am Kim - H2O
4 8:00am Pam - H2O	5 10:00am Sit/B Fit Kathy	6 8:00am Pam - H2O 2:30 Water Walk-Kim	7 10:00am Sit/B Fit Kathy	8 8:00 am Kim - H2O
11 8:00am Pam - H2O	12 10:00am Sit/B Fit Pam	13 8:00am Pam - H2O 2:30 Water Walk-Kim	14 10:00am Sit/B Fit Pam	15 8:00am Kim - H2O
18 8:00am Kim- H2O 5:30 Pilates- Angela	19 10:00 Sit/B Fit Kathy	20 8:00am Pam- H2O 2:30 Water Walk-Kim 5:30 Pilates - Angela	21 10:00am Sit/B Fit Kathy	22 8:00am Pam- H2O
25 8:00 am Pam- H2O 5:30 Pilates- Angela	26 10:00 Sit/B Fit Pam	27 8:00 am Pam-H2O 2:30 Water Walk-Pam 5:30 Pilates- Angela	28 10:00am Sit/B fit Pam	29

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:00am Kim - H2O
4 8:00am Pam - H2O	5 10:00am Sit/B Fit Kathy	6 8:00am Pam- H2O 2:30 Water Walk-Kim	7 10:00am Sit/B Fit Kathy	8 8:00 am Kim - H2O
11 8:00am Kim - H2O	12 10:00am Sit/B Fit Pam	13 8:00am Pam - H2O 2:30 Water Walk-Kim	14 10:00am Sit/B Fit Pam	15 8:00am Pam - H2O
18 8:00am Kim- H2O 5:30 Pilates- Angela	19 10:00 Sit/B Fit Kathy	20 8:00am Pam - H2O 2:30 Water Walk-Kim 5:30 Pilates - Angela	21 10:00am Sit/B Fit Kathy	22 8:00am Kim- H2O
25 8:00 am Kim- H2O 5:30 Pilates- Angela	26 10:00 Sit/B Fit Pam	27 8:00 am Pam-H2O 2:30 Water Walk-Kim 5:30 Pilates- Angela	28 10:00am Sit/B fit Pam	29