



Water Aerobics Schedule

Sports Club
434.972.2235

Exercise Class Inquiries
434.244.2421

June 6 - September 10, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 AM Water Aerobics Wendy	8:00 - 9:00 AM Water Aerobics Hallie	8:00 - 9:00 AM Water Aerobics Wendy	8:00 - 9:00 AM Water Aerobics Hallie	8:00 - 9:00 AM Water Aerobics Kerri	
					9:00 - 10:00 AM Deep Water Hallie
12:00 - 1:00 PM Athletic Conditioning Tori		12:00 - 1:00 PM Athletic Conditioning Wendy			
	5:45 - 6:45 PM Water Aerobics Kerri				

Water Aerobics is offered six days a week! All classes will be held at the Sports Club pool (weather permitting).

Please note: For inclement weather, the decision to hold or to cancel water aerobics will be made a half hour before class start time. Water Aerobics will only be cancelled for heavy rain, thunder, or lightning. Call 434.244.2421 for class cancellations.

For more information on our land classes, please call 434.244.2421.

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