

# WATER FITNESS CLASSES

## @ Bill Heddles Recreation Center

<b>AM</b> Classes	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>8:30 -9:30</b>	<b>Cardio Crazy</b> Beth		<b>Cardio Crazy</b> Beth		<b>Cardio Crazy</b> Beth	
<b>9:30 -10:30</b>	<b>Pool Power</b> Tonya		<b>Pool Power</b> Tonya		<b>Pool Power</b> Tonya	
<b>10:00-10:45</b>		<b>Light and Lively</b> Beth		<b>Light and Lively</b> Beth		
<b>10:30 -11:30</b>	<b>Body, Health, and Life</b> Billie	<b>Splash Circuits</b> Tonya	<b>Body, Health, and Life</b> Billie	<b>Splash Circuits</b> Tonya	<b>Body, Health, and Life</b> Billie	
<b>PM 5:30-6:30</b>	<b>Deep Benefits</b> Gayle	<b>Cardio Crazy</b> Linda	<b>Deep Benefits</b> Amy			
						

Note\* Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.  
 For More Information: Contact the Fitness Dept.  
 @ BHRC 874-0923 Ext 208 (Gary)