



**AquaPlex Cool Water Classes
Held in Lap pool & Lazy River
Effective January 2, 2008**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15am		Tummies / Thighs Anna – Lazy River		Tummies / Thighs - Anna		
7:00-8:00 am						7:15-8:15a Run The Rapids - Anna
8-9 am	Run The Rapids – Lazy River - Janelle	Run the Rapids - Lazy River – Anna	High/Low – Lap Pool – Jodi Run the Rapids – Lazy River - Janelle	Run the Rapids - Lazy River - Anna	High/Low – Lap Pool - Jodi Run the Rapids – Lazy River - Sharon	Run the Rapids Lazy River - Joelyn 8:15-9:15am
9-10 am	Water Volleyball	Water Volleyball	Water Volleyball	Water Volleyball	Water Volleyball	Lessons 9:00-11:15 am 2 lanes
10-11 am	Run The Rapids – Lazy River - Linda		Run The Rapids – Lazy River - Linda High/Low – Jody Before Baby Comes - Jody		Run the Rapids Lazy River - Linda High/Low - Jody Before Baby Comes- Jody Class Section	
10:30-11:30am	OSF MS-Class pool			OSF MS-Class pool		
4-5 p	High/low Class section - Heidi	Tummies and Thighs-Lazy River - Anna	High/Low Class section Shelly	Tummies and Thighs-Lazy River - Anna		
5-6 pm		Tummies & Thighs Roxy	Hi/Low aerobics – Heidi			
6-7:45 pm		Swim Lessons 2 lanes		Swim Lessons 2 lanes		
7-8 pm	High/Low Lap pool - Roxy	Run the Rapids- lazy river - Roxy		Run the Rapids- lazy river - Roxy		