NOVEMBER CLASSES 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
INSTRUCTORS Kelly Dangler Kathy Poirier Sarah Demo Dawn Littlefield				1 **Weight Room Circuits** 8:45-9:30am– SARAH **Water Walking Combos** 10:15-11:00- KATHY **Aqua Cardio & Tone** 3:45-4:45- KELLY	2 **Cardio Currents** 7:10-8:00am– KATHY **Water Walk & Resist** 10:15-11:00am-SARAH **Arthritis/Fibro (AFAP)** 11:30-12:15- SARAH	ALL FITNESS LEVELS WELCOME
***NOTE:** **Tues & Thurs 8:45am classes Are in the Weight Room. Cardio & Strength Circuits**	5 **HiLo Stop & Go!!** 7:10-8:00am –KATHY **Water Walking"Zydeco"** 10:15-11:00am- KELLY **Arthritis/Fibro (AFAP)** 11:30-12:15– SARAH **Weight Room Circuits** 3:30-4:15- SARAH	6 **Weight Room Circuits** 8:45-9:30am- SARAH **Liquid Boot Camp** 3:45-4:45pm-SARAH	7 **Turbulance & Tranquility** 7:10-8:00am– KELLY **Arthritis/Fibromyalgia Aquatics (AFAP)** 11:30-12:15– KATHY	8 **Weight Room Circuits** 8:45-9:30am-SARAH **Water Walk & Boards** 10:15-11:00-KATHY **Aqua K-ZhUMBA!** 3:45-4:45 KELLY	9 **Use Your Noodle** 7:10-8:00am- SARAH **Water Walking Combos** 10:15-11:00am– SARAH **Arthritis/Fibro (AFAP)** 11:30-12:15- KELLY	
Great Class Variety! Other Classes include Aqua K-Zhumba, Aqua Box & Boogie, Aqua Sports Challenge, Liquid Toning , Splash Dance, H20 Hi-Lo, Wet & Wild Boot Camp, Cardio-Core, Nautical Noodles and MORE!!	12 **Cardio & H2O Muscle** 7:10-8:00am –KATHY **Water Walking BackHab** 10:15-11:00am- KELLY **Arthritis/Fibro (AFAP)** 11:30-12:15– SARAH **Weight Room Circuits** 3:30-4:15- SARAH	13 **Weight Room Circuit Training** 8:45-9:30a SARAH **Aqua-Intervals & Turbo Abs** 3:45-4:45pm–SARAH	14 **Aqua-Splash** 7:10-8:00am– KELLY **Arthritis/Fibromyalgia Aquatics (AFAP)** 11:30-12:15– KATHY	15 **Weight Room Circuits** 8:45-9:30am– SARAH **Water Walking Class** 10:15-11:00- KATHY **Gonna Have A Ball!!!** 3:45-4:45- KELLY	16**Water Aerobics Surprise!** 7:10-8:00am– SARAH **Water Walk & Tone** 10:15-11:00am-KATHY **Arthritis/Fibro (AFAP)** 11:30-12:15- KELLY	
CLASSES FREE TO MEMBERS OR Non-Members PAY BY THE CLASS	19 **B & B Aqua Class** 7:10-8:00am– KATHY **Ready, Wet, Walk** 10:15-11:00am SARAH **Arthritis/Fibro (AFAP)** 11:30-12:15– KELLY **Weight Room Circuits** 3:30-4:15- SARAH	20 **Weight Room Circuit Training** 8:45-9:30am-SARAH **Water Walking Class** 10:15-11:00- KATHY **Liquid Gym** 3:45-4:45pm-SARAH	21 **Water Circuits** 7:10-8:10am– SARAH **Arthritis/Fibromyalgia Aquatics (AFAP)** 11:30-12:15– KATHY	22	23 CLOSED	GUYS & GALS WELCOME!!
	26 **Aqua Groove-** 7:10-8:00am KATHY **Water Walk & Stability** 10:15-11:00am SARAH **Arthritis/Fibro (AFAP)** 11:30-12:15– KELLY **Weight Room Circuits** 3:30-4:15- SARAH	27 **Weight Room Circuit Training** 8:45-9:30am-SARAH **Aqua K-ZhUMBA!** 3:45-4:45pm-KELLY	28 **Aqua Cardio & Partner Work** 7:10-8:00am– KELLY **Arthritis/Fibromyalgia Aquatics (AFAP)** 11:30-12:15– KATHY	29 **Weight Room Circuits** 8:45-9:30am SARAH **Water Walking Combos** 10:15-11:00- KELLY **HI-YO Intervals** HIIT Cardio & Yoga 3:45-4:45- SARAH	**30 Hi/Lo Stop & Go!!** 7:10-8:00am- SARAH **Water Walking Combos** 10:15-11:00am-KATHY **Arthritis/Fibro (AFAP)** 11:30-12:15- SARAH	

Redington Fairview General Hospital Rehab & Fitness Services

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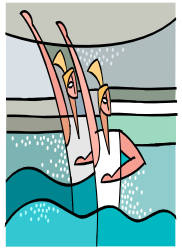

Community Aquatic & Fitness Programs
2 Pools: 28x36 ft Therapeutic Pool 94 degrees
20x60 ft Fitness/Lap Pool 83 degrees
& Air Conditioned Weights & Cardio Room