


# Natick Water Exercise Schedule

Effective 1/1/12 – 6/15/12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Deep Water Running  <b>Anne Marie</b>		6:00-7:00 am Deep Water Running  <b>Shayna</b>		6:00-7:00 am Deep Water Running  <b>Group Facilitated</b>	8:30-9:45 am Deep Water Running  <b>Brenda</b>	
9:15-10:15 am Interval Training & Gentle Joints  <b>Jane</b>	9:15-10:15 am Technique, Cardio & Core  <b>Laila/Kathleen Rotate</b>	9:15-10:15 am Hydropower ***  <b>Laila</b>	9:15-10:15 am Hydropower & Gentle Joints ***  <b>Bredt</b>	9:15-10:15 am Hydropower  <b>Kathy/Laila</b>		9:30-10:45 am All Out ***  <b>Kathy/Sue</b>
		10:15-11:15 am Gentle Joints  <b>Ginni</b>				
7:00-8:00 pm Hydropower  <b>Sue/Laila/Bredt</b>		7:00-8:00 pm Brazilian Beat ***  <b>Cintia</b>		*** = music class		

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