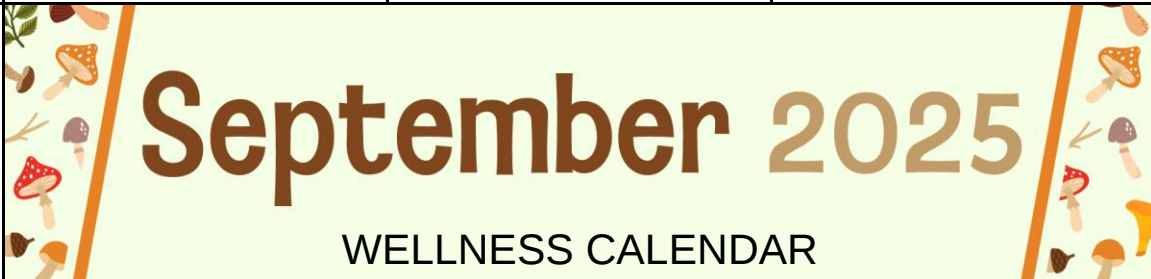


Monday	Tuesday	Wednesday	Thursday	Friday
NO CLASSES	1 9-11am-Open Swim 10-STRETCH class 11am-Cardio Drums/Music 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	2 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	3 9-11am-Open Swim 11am-Cardio Drums/Music 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	4 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	8 9-11am-Open Swim 11am-Cardio Drums/Music 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	9 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	10 9-11am-Open Swim 11am-Cardio Drums/Music 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	11 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	15 9-11am-Open Swim 11am-Cardio Drums/Music 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	16 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	17 9-11am-Open Swim 11am-Cardio Drums/Music 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	18 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	22 9-11am-Open Swim 10:30-12:30- Greenway walk & Green Goat lunch (Reservation Only) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	23 9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	24 9-11am-Open Swim 11am-Cardio Drums/Music 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	25 9am-Water Aerobics 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 10am-Strength & Balance 11am-Water Walking 3pm-5-Billiards w/George	29 9-11am-Open Swim 11am-Cava Lunch (Reservation Only) 1pm-Chair Volleyball 1-3pm-Open Swim 3-5-Billiards w/George	30		

Contact Michelle for questions 540-777-1459 or email @ mpotter@friendship.us