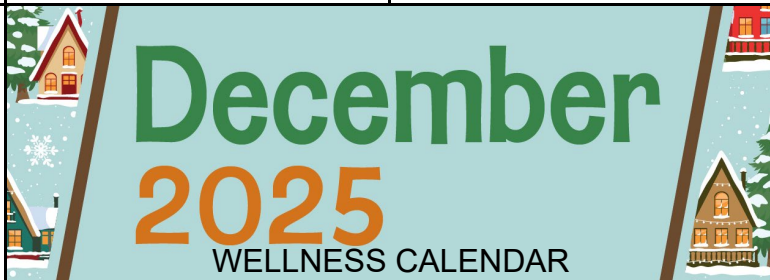


Monday	Tuesday	Wednesday	Thursday	Friday
9am-Water Aerobics 1 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim 2 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics 3 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim 4 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics 5 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 8 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim 9 11am-Cardio Drums 1pm-Chair Volleyball 1-3-Open Swim 3-5-Billardards w/George	9am-Water Aerobics 10 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim 11 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics 12 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 15 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim 16 11am-Cardio Drums 1pm-Chair Volleyball 1-3-Open Swim 3-5-Billardards w/George	9am-Water Aerobics 17 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim 18 11am-Cardio Drums 1pm-Chair Volleyball 1-3pm-Open Swim 3-5pm-Billardards w/George	9am-Water Aerobics 19 10am-Strength & Balance 11am-Strength & Balance
9am-Water Aerobics 22 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George	9-11am-Open Swim 23 1pm- Chair Volleyball 3-5-Billardards w/George (Michelle on vacation)	24 NO CLASSES	25 NO CLASSES MERRY CHRISTMAS	26 NO CLASSES
29 NO CLASSES	9-11am-Open Swim 30 10:30-Earth Fare (Reservation only) 1pm-Chair Volleyball 1-3-Open Swim 3-5-Billardards w/George	9am-Water Aerobics 31 10am-Strength & Balance 11am-Water Walking 3-5pm-Billardards w/ George		

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