







# AQUATICS



	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	<b>AQUA FITNESS</b> 9:00am Sherri	<b>INSANE AQUA FITNESS</b> 9:00am Paige	<b>AQUA FITNESS</b> 9:00am Sherri	<b>INSANE AQUA FITNESS</b> 9:00am Sidneca	<b>AQUA FITNESS</b> 9:00am Paige	<b>AQUA FITNESS</b> 9:00am Paige	
				<b>INSANE AQUA FITNESS</b> 6:00pm Paige			
PM							
		<b>40%</b> RESISTANCE		<b>50%</b> RESISTANCE		<b>60%</b> RESISTANCE	
							
		<b>80%</b> RESISTANCE		<b>99%</b> RESISTANCE		<b>120%</b> RESISTANCE	