

September 2011 Exercise Schedule

Lake Havasu City Aquatic Center • 100 Park Ave. LHC, AZ 86403 • (928) 453-2687

Mon	Tue	Wed	Thu	Fri
			1 8-8:55a Water Kickboxing Margie 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Margie 10-10:55a Arthritis Exercise Sue 5:30-6:30p Adult Fitness Sam	2 7-7:55a Aqua Motion Plus Sue 8-8:55a Water Aerobics Sue 9-9:55a Water Aerobics Margie 10-10:55a Aqua Motion Plus Margie
5 Labor Day -- No Exercise Classes	6 8-8:55a Water Kickboxing Margie 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Margie 10-10:55a Arthritis Exercise Sue NO ADULT FITNESS EXERCISE CLASS	7 7-7:55a Aqua Motion Plus Margie 8-8:55a Water Aerobics Margie 9-9:55a Water Aerobics Sue 10-10:55a Aqua Motion Plus Sue	8 8-8:55a Water Kickboxing Margie 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Margie 10-10:55a Arthritis Exercise Sue 5:30-6:30p Adult Fitness Sam	9 7-7:55a Aqua Motion Plus Sue 8-8:55a Water Aerobics Sue 9-9:55a Water Aerobics Margie 10-10:55a Aqua Motion Plus Margie
12 7-7:55a Aqua Motion Plus Margie 8-8:55a Water Aerobics Margie 9-9:55a Water Aerobics Sue 10-10:55a Aqua Motion Plus Sue	13 8-8:55a Water Kickboxing Margie 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Sue 10-10:55a Arthritis Exercise Margie 5:30-6:30p Adult Fitness Sam	14 7-7:55a Aqua Motion Plus Sue 8-8:55a Water Aerobics Sue 9-9:55a Water Aerobics Margie 10-10:55a Aqua Motion Plus Margie	15 8-8:55a Water Kickboxing Swan 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Sue 10-10:55a Arthritis Exercise Carolyn 5:30-6:30p Adult Fitness Sam	16 7-7:55a Aqua Motion Plus Swan 8-8:55a Water Aerobics Swan 9-9:55a Water Aerobics Sue 10-10:55a Aqua Motion Plus Sue
19 7-7:55a Aqua Motion Plus Sue 8-8:55a Water Aerobics Sue 9-9:55a Water Aerobics Margie 10-10:55a Aqua Motion Plus Margie	20 8-8:55a Water Kickboxing Margie 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Sue 10-10:55a Arthritis Exercise Margie 5:30-6:30p Adult Fitness Sam	21 7-7:55a Aqua Motion Plus Margie 8-8:55a Water Aerobics Margie 9-9:55a Water Aerobics Sue 10-10:55a Aqua Motion Plus Sue	22 8-8:55a Water Kickboxing Margie 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Margie 10-10:55a Arthritis Exercise Sue NO ADULT FITNESS EXERCISE CLASS	23 7-7:55a Aqua Motion Plus Sue 8-8:55a Water Aerobics Sue 9-9:55a Water Aerobics Margie 10-10:55a Aqua Motion Plus Margie
26 7-7:55a Aqua Motion Plus Margie 8-8:55a Water Aerobics Margie 9-9:55a Water Aerobics Sue 10-10:55a Aqua Motion Plus Sue	27 8-8:55a Water Kickboxing Margie 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Sue 10-10:55a Arthritis Exercise Margie NO ADULT FITNESS EXERCISE CLASS	28 7-7:55a Aqua Motion Plus Sue 8-8:55a Water Aerobics Sue 9-9:55a Water Aerobics Margie 10-10:55a Aqua Motion Plus Margie	29 8-8:55a Water Kickboxing Margie 9-9:55a Water Aerobics Sue 10-10:55a Fibromyalgia Margie 10-10:55a Arthritis Exercise Sue 5:30-6:30p Adult Fitness Sam	30 7-7:55a Aqua Motion Plus Margie 8-8:55a Water Aerobics Margie 9-9:55a Water Aerobics Sue 10-10:55a Aqua Motion Plus Sue