

March 2010 Exercise Schedule

Lake Havasu City Aquatic Center • 100 Park Ave. LHC, AZ 86403 •

Mon	Tue	Wed	Thu	Fri
<p>1 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25pm</p>	<p>2 Aqua Pilates 8-8:55am Aqua Challenge 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30pm</p>	<p>3 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25p</p>	<p>4 Aqua Pilates 8-8:55am Woggles 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30p</p>	<p>5 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am</p>
<p>8 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25pm</p>	<p>9 Aqua Pilates 8-8:55am Aqua Challenge 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30pm</p>	<p>10 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25p</p>	<p>11 Aqua Pilates 8-8:55am Woggles 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30p</p>	<p>12 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am</p>
<p>15 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25pm</p>	<p>16 Aqua Pilates 8-8:55am Aqua Challenge 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30pm</p>	<p>17 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25p</p>	<p>18 Aqua Pilates 8-8:55am Woggles 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30p</p>	<p>19 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am</p>
<p>22 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25pm</p>	<p>23 Aqua Pilates 8-8:55am Aqua Challenge 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30pm</p>	<p>24 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25p</p>	<p>25 Aqua Pilates 8-8:55am Woggles 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30p</p>	<p>26 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am</p>
<p>29 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25pm</p>	<p>30 Aqua Pilates 8-8:55am Aqua Challenge 9-9:55am Aqua Magic 10-10:55am Arthritis Exercise 10-10:55am (Beginner & Intermediate) Fibromyalgia 10-10:55am Water Wellness 11-11:55am Adult Fitness 5:30-6:30pm</p>	<p>31 Aqua Motion + 7-7:55am Seniorcise 8-8:55am Tai Chi 8-8:55am Aqua Aerobics 9-9:55am Aqua Motion + 10-10:55am Aqua Motion + 11-11:55am Aqua Motion 5:30-6:25p</p>		