

























# THE CLUB FOR WOMEN WATER SCHEDULE 602.482.4348

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
5:30						Club opens at 7am	Club opens at 8am		
7:00	Cardio-Tone		Level I/II			*Water Boot Camp 7:00-8:30			
8:00									
8:30		Rusty Hinges		Rusty Hinges		Cardio & Sculpt Instructor Rotation			
9:00	Level II/III 9:00-10:00								
9:30		Level II	Level II/III		Level I/II				
10:30	Joint Action		Joint Action		Joint Action				
11:30									
12:00	Water Walkers Club		Water Walkers Club			<p><b>The Club for Women</b>                      Mon-Thurs 5am - 9pm                      Fri 5am - 8pm                      Sat 7am - 4pm                      Sun 8am - 2pm</p> <p><b>Childcare</b>                      Mon - Thurs 8am - 12pm                      closed 12pm - 4pm                      Reopens 4pm-7:30pm                      Fri 8am - 12pm                      Sat 8am - 12pm</p> <p><b>No free swim while classes are in session.</b></p>			
12:30	No Instructor	Rusty Hinges	No Instructor	Rusty Hinges					
1:00					Pool Closed for Cleaning				
4:30	Level I/II		Level I/II						
5:30		Level I/II		Level I/II					
6:00	Cardio-Tone		Cardio-Tone						
7:00		Water Volleyball No Instructor		Water Volleyball No Instructor					Indicates Open Swim

ALL CLASSES ARE SUBJECT TO CHANGE. \* Classes with asterisks charge a fee.  
 Pool shoes are recommended. YOU MUST SHOWER BEFORE ENTERING THE POOL.

Be courteous to your fellow members. Wait for class to exit before you enter the pool.

Check with your doctor before starting any exercise program. Work at your own pace.

Members who have high blood pressure or who are pregnant, should avoid using the Jacuzzi.

Please refrain from wearing heavy perfumes as a courtesy to our members with breathing ailments and allergies.

1/7/2010

**ENJOY YOUR CLASS!**

