



# September 2010



## Water Exercise Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		10:00am Silver Splash (Grace)	1	2 10:00am Water Fitness (Suellen)	3	4
5	6	10:00am Silver Splash (Grace)	8	9 10:00am Water Fitness (Suellen)	10	11
12	13	10:00am Silver Splash (Grace)	15	16 10:00am Water Fitness (Suellen)	17	18
19	20	10:00am Silver Splash (Grace)	22	23 10:00am Water Fitness (Suellen)	24	25
26	27	10:00am Silver Splash (Grace)	29	30 10:00am Water Fitness (Suellen)		