

# EXPERIENCE THE BENEFITS OF WATER EXERCISE

Spiece Fitness offers a variety of aquatic group exercise classes. Class names are listed below along with the days and times offered. Class descriptions are listed on the back.



| TIME     | MONDAY                    | TUESDAY                     | WEDNESDAY                 | THURSDAY                   | FRIDAY                | Saturday            |
|----------|---------------------------|-----------------------------|---------------------------|----------------------------|-----------------------|---------------------|
| 5:30 AM  |                           |                             |                           | Power Aqua (CC)            |                       |                     |
| 7:30 AM  | Movin to the Groove (Peg) |                             | Movin to the Groove (Peg) |                            |                       |                     |
| 8:00 AM  |                           | Warm Water (Lorraine)       |                           | Warm Water (Lorraine)      |                       | Hydro Burn (Andrea) |
| 9:00 AM  |                           | Aqua Fit (Lorraine)         | Aqua Fit (Lorraine)       | Aqua Fit (Lorraine)        | Aqua Fit (Lorraine)   |                     |
| 10:05 AM |                           |                             | Warm Water (Lorraine)     |                            | Warm Water (Lorraine) |                     |
| 10:45 AM |                           | Multiple Sclerosis (Shari)* |                           | Multiple Sclerosis (Shari) |                       |                     |
| 11:30 AM | Liquid HEAT (Andrea)      |                             | Liquid HEAT (Andrea)      |                            | Liquid HEAT (Andrea)  |                     |
| 12:00 PM |                           | Warm Water (Shari)          |                           | Warm Water (Shari)         |                       |                     |
| 12:30 PM | Warm Water (Andrea)       |                             | Warm Water (Andrea)       |                            | Warm Water (Andrea)   |                     |
| 2:00 PM  |                           |                             |                           |                            |                       |                     |
| 5:30 PM  | Hydro Burn(Andrea)        |                             | Hydro Burn(Andrea)        |                            | Hydro Burn(Andrea)    |                     |
| 6:00 PM  | Warm Water (Melissa)      | Power Plunge (Shari)        | Warm Water (Melissa)      | Power Plunge (Shari)       |                       |                     |
| 6:30 PM  |                           |                             |                           |                            |                       |                     |
| 7:30 PM  |                           |                             |                           |                            |                       |                     |

**Effective January 7, 2008**

\* Multiple Sclerosis class meets the 2nd and 4th Tuesday and every Thursday of each month.