

AQUAFIT SCHEDULE • JANUARY 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NEW YEAR'S DAY NO CLASSES	2 8:15 - 9:00AM Tether LeAnne 12:10 - 12:55PM Deep Water LeAnne 6:15 - 7:00PM Aqua Unleashed Judy	3 7:35 - 8:20AM Deep Water Judy 8:30 - 9:15AM Deep Water Judy 9:20 - 10:05AM Shallow Water Jen P. 10:15 - 11:00AM As You Choose Jen M.	4 8:15 - 9:00AM Tether Louise 12:10 - 12:55PM Deep Water Louise	5 8:30 - 9:15AM Deep Water Helen 9:20 - 10:05AM Shallow/Aqua Zen Helen 10:15 - 11:00AM As You Choose Camilla	6 10:00 - 10:45AM Aqua Variety Louise
7 9:00 - 9:45AM As You Choose Helen	8 7:35 - 8:20AM Deep Water Helen 8:30 - 9:15AM Deep Water Candace 9:20 - 10:05AM Shallow Water Candace 10:15 - 11:00AM As You Choose Louise 12:10 - 12:55PM Deep Water Jen M.	9 8:15 - 9:00AM Tether LeAnne NEW 9:15 - 10:00AM Aqua Zumba® Aoi 12:10 - 12:55PM Deep Water LeAnne 6:15 - 7:00PM Aqua Unleashed Jen P.	10 7:35 - 8:20AM Deep Water Judy 8:30 - 9:15AM Deep Water Judy 9:20 - 10:05AM Shallow Water Jen P. 10:15 - 11:00AM As You Choose Jen M.	11 8:15 - 9:00AM Tether Louise 12:10 - 12:55PM Deep Water Louise	12 8:30 - 9:15AM Deep Water Helen 9:20 - 10:05AM Shallow Water Helen 10:15 - 11:00AM As You Choose Camilla	13 10:00 - 10:45AM Aqua Variety Amanda
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Instructors and schedule subject to change without notice, please go to calgaryjcc.com for up-to-date information. For more information contact LeAnne Crane at lcrane@cjcc.ca.