

Manor House Water Fitness Schedule (Starting Monday 11-22-08)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30—9:00am Open Fitness	7:00—9:00am Open Fitness	6:30—9:00am Open Fitness	7:00- 9:00am Open Fitness	7:00—9:00am Open Fitness	7:00 am To 11:00 am OPEN FITNESS
9:00-10:00am Aerobics & Weights +	9:00-10:00am Weights & Shallow Polo !	9:00-10:00am Aerobics & Weights +	9:00-10:00am Weights & Shallow Polo !	9:00-10:00am Aerobics & Weights +	
10:00-11:00a Water Walk & Talk +	10:00-11:00a Shallow Water Volleyball *	10:00-11:00a Water Walk & Talk +	10:00-11:00a Shallow Water Volleyball *	10:00-11:00a Water Walk & Talk +	
11:00-12:00p Fitness All Around- Weights +	11:00-12:00p Shallow Water Volleyball *	11:00-12:00p Fitness All Around- Weights +	11:00-12:00p Shallow Water Volleyball *	11:00-12:00p Fitness All Around- Weights +	Manor House Staff & Family Swim 11:00a -12:00p
Pool Closed For Lunch 12:00p—12:30p					
12:30pm To 2:00pm Open Fitness	12:30pm To 5:00pm Open Fitness	12:30pm To 2:00pm Open Fitness	12:30pm To 5:00pm Open Fitness	12:30pm To 4:00pm Open Fitness	12:30pm To 4:00pm Open Fitness
2:00-3:00pm Resident Intro to Aquatics +		2:00—3:00pm Resident Intro to Aquatics +		4:00pm	
3:00-4:00pm Endurance & Strength *		3:00—4:00pm Endurance & Strength +		Open Fitness	
4:00p—5:00p Open Fitness		4:00—6:30pm		4:00—6:00pm	
	5:00-7:00pm Deep Water Volleyball ! *	Shallow Water Volleyball !		Shallow Water Volleyball !	

Look for sign on class times to find the teacher (s)

Karen Gibbons-Neff *

Kathy Monroe +

Jonathan !