

## 6 Week Training Program

- \$99/6 Weeks

## Water Aerobics

- \$45/Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training	5:00am – 6:00am 6 Week Training  9:30am – 10:30am Water Aerobics  7:00pm – 8:00pm Water Aerobics	1 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training  7:00pm – 8:00pm Water Aerobics	2 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training  9:30am – 10:30am Water Aerobics	3 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training	4 9:30am – 10:30am Water Aerobics
5	6 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training	7 5:00am – 6:00am 6 Week Training  9:30am – 10:30am Water Aerobics  7:00pm – 8:00pm Water Aerobics	8 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training  7:00pm – 8:00pm Water Aerobics	9 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training  9:30am – 10:30am Water Aerobics	10 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training	11 9:30am – 10:30am Water Aerobics
12	13 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training	14 5:00am – 6:00am 6 Week Training  9:30am – 10:30am Water Aerobics  7:00pm – 8:00pm Water Aerobics	15 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training  7:00pm – 8:00pm Water Aerobics	16 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training  9:30am – 10:30am Water Aerobics	17 5:00am – 6:00am 6 Week Training  8:00am – 9:00am 6 Week Training  <b>FREE Consultation Friday</b>	18 9:30am – 10:30am Water Aerobics

19	20	21	22	23	24	25
	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	9:30am – 10:30am Water Aerobics
	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	
		9:30am – 10:30am Water Aerobics		9:30am – 10:30am Water Aerobics		
		7:00pm – 8:00pm Water Aerobics 8:15am – 8:21am	7:00pm – 8:00pm Water Aerobics			
26	27	28	29	30		
	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training	5:00am – 6:00am 6 Week Training		
	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training	8:00am – 9:00am 6 Week Training		
		9:30am – 10:30am Water Aerobics		9:30am – 10:30am Water Aerobics		
		7:00pm – 8:00pm Water Aerobics 8:15am – 8:21am	7:00pm – 8:00pm Water Aerobics			