


Natick Water Exercise Schedule

Effective 2/10/12 – 6/15/12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 am Deep Water Running Anne Marie		6:00-7:00 am Deep Water Running Shayna		6:00-7:00 am Deep Water Running Group Facilitated	8:30-9:45 am Deep Water Running Brenda	
9:15-10:15 am Interval Training & Gentle Joints Jane	9:15-10:15 am Technique, Cardio & Core Laila/Kathleen/Rotate	9:15-10:15 am Hydropower *** Laila	9:15-10:15 am Hydropower & Gentle Joints *** Bredt	9:15-10:15 am Hydropower Kathy/Laila		9:30-10:45 am All Out *** Kathy/Sue
		10:15-11:15 am Gentle Joints Ginni				
7:00-8:00 pm Hydropower Sue/Laila/Bredt		7:00-8:00 pm Brazilian Beat *** Cintia		*** = music class		

Director: Jane Polley, MS, RD, LDN

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