

Pamela Sulton-PS
 Harry Williams-HW
 Angelita Santiago-sub

Instructors

August 2019-Knight Pool

Quote: "If you get tired...learn to rest...not quit!"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
FITNESS MEMBERSHIP REQUIRED FOR CLASSES				1	2 10am Aquatics-PS	3
4	5 10am Aquatics-PS		7 5:30pm Total Body-HW	8	9 10am Aquatics-PS	10
11	12 10am Aquatics-PS	13	14 5:30pm Total Body-HW	15	16 10am Aquatics-PS	17
18	19 10am Aquatics-PS	20	21 5:30pm Total Body-HW	22	23 10am Aquatics-PS	24
25	26 10am Aquatics-PS	27	28 5:30pm Total Body-HW	29	30 10am Aquatics-PS	31

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