

DON RODENBAUGH NATATORIUM WATER CLASS SCHEDULE OCTOBER

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM-6:30AM	*Master Swim With Patrick	*Master Swim With Patrick	*Master Swim With Patrick	*Master Swim With Patrick	*Master Swim With Patrick	
6:00AM-7:00AM	Morning Mix-Up With Karen		Morning Mix-Up With Karen		Morning Mix-Up With Karen	
8:15AM-9:15AM	Shallow Water Works With Gretchen		Shallow Water Works With Gretchen		Shallow Water Works With Gretchen	
9:05AM-10:00AM	Deep Water Mix With Lana H.	*NEW* H2O Works with Babies Gretchen	Deep Water Mix With Lana H.	*NEW* H2O Works with Babies Gretchen	Deep Water Mix With Lana H.	Total Fitness Shallow With Rhea
10:00AM-11:00AM	Functional Fitness Shallow With Lana S.	*SilverSplash Shallow With Melanie	Functional Fitness Shallow With Lana S.	*SilverSplash Shallow With Melanie	Functional Fitness Shallow With Lana S.	Total Fitness Deep With Rhea
11:00AM-12:00PM	River Robics Shallow With Terri	*Arthritis Class With Gretta Contact Senior Center	 River Robics Shallow With Terri	*Arthritis Class With Gretta Contact Senior Center	River Robics Shallow With Rita	
11:30AM-12:30PM						*NART* With Rhea
12:00PM-1:00PM		*Arthritis Class With Gretta Contact Senior Center		*Arthritis Class With Gretta Contact Senior Center		
12:15PM-1:00PM	Deep Water Lunch Express With Lana H.	*NEW* Deep Water Aerobics With Rita	Deep Water Lunch Express With Lana H.	*NEW* Deep Water Aerobics With Rita	Deep Water Lunch Express With Lana H.	
6:00PM-7:00PM		Low Down Aqua Plunge With Karen		Low Down Aqua Plunge With Karen		
6:30PM-7:30PM		River Robics With Sherry		River Robics With Sherry		
7:30PM-8:30PM				*NART* With Rhea		
7:00PM-8:00PM	Deep Water Challenge With Karen		Deep Water Challenge With Karen			www.allenparks.org

* NON-PUNCH CARD CLASSES

Schedule subject to change at anytime!

DRN Phone Number: 214-509-4770

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