

MAY 2012

Getting Better Every Day!



Instructors will modify content of class if only 1 participant attends. A more personalized environment will be presented, including utilization of equipment, performing core exercises, and educating member on any specific fitness inquiries they may have.

<h2>RMC Aquatics Calendar</h2> <p><i>Fitness Staff 256-329-7623/7624</i></p>
<p>** SL signifies swimming lessons**</p> <p>SL and open swim times due overlap for the convenience of our members.</p>
<p>Open Swim Times: M-F 5:30-8 am; MWF 11am-2pm;5-8pm; TTH 12-2pm; 6:30-8pm; F 5-7pm; Sat 8am-12pm; Sun 1-4pm</p>

	Mon.	Tues.	Wed.	Thurs.	Fri.
MAY 1-4		9:00 AquaFit- M 10:00 BootCamp- C 11:00 Arthritis-C 5:30 AquaFit - KC	9:00 Synergy Seniors-B 10:00 AquaFit- C 2:00 Strong Bones - M 4:00 Intense Aquatics- G	9:00 AquaFit- A 10:00 NoodleBlast-BB 11:00 Arthritis-A 5:30 AquaFit - CH	9:00 Synergy Seniors-B 10:00 AquaFit- A 2:00 Strong Bones - C 4:00 Strength&Cond. - BB
MAY 7-11	9:00 Synergy Seniors-M 10:00 AquaFit- C 2:00 Strong Bones - C 4:00 NoodleBlast - A SL -5:30-7:30	9:00 AquaFit- M 10:00 Strength&Cond.- M 11:00 Arthritis-A 5:30 AquaFit - MP SL - 4:30-5:30; 6:30-7:30	9:00 Synergy Seniors-B 10:00 AquaFit- B 2:00 Strong Bones - BB 4:00 BootCamp -M SL -5:30-7:30	9:00 AquaFit- M 10:00 Intense Aquatics-BB 11:00 Arthritis-C 5:30 AquaFit - CH SL - 4:30-5:30; 6:30-7:30	9:00 Synergy Seniors-C 10:00 AquaFit- A 2:00 Strong Bones - C 4:00 Intense Aquatics-MP
MAY 14-18	9:00 Synergy Seniors-B 10:00 AquaFit- A 11:00 Strong Bones - M 4:00 Strength&Cond. - M SL -5:30-7:30 <i>*Lunch open swim from 12:00 to 1:30*</i>	9:00 AquaFit- M 10:00 BootCamp -C 11:00 Arthritis-C 5:30 AquaFit- KC SL - 4:30-5:30; 6:30-7:30 <i>*Lunch open swim from 12:00 to 1:30*</i>	9:00 Synergy Seniors-M 10:00 AquaFit- C 11:00 Strong Bones - A 4:00 NoodleBlast - M SL -5:30-7:30 <i>*Lunch open swim from 12:00 to 1:30*</i>	9:00 AquaFit- C 10:00 NoodleBlast -C 11:00 Arthritis-A 5:30 AquaFit- CH SL - 4:30-5:30; 6:30-7:30 <i>*Lunch open swim from 12:00 to 1:30*</i>	9:00 Synergy Seniors- C 10:00 Aquafit - A 11:00 Strong Bones - M 4:00 BootCamp - MP <i>*Lunch open swim from 12:00 to 1:30*</i>
MAY 21-25	9:00 Synergy Seniors-B 10:00 AquaFit- C 11:00 Strong Bones - M 4:00 Intense Aquatics - M SL -5:30-7:30 <i>*Lunch open swim from 12:00 to 1:30*</i>	9:00 AquaFit- M 10:00Strength&Cond.-C 11:00 Arthritis-C 5:30 AquaFit- MP SL 4:30-5:30; 6:30-7:30 <i>*Lunch open swim from 12:00 to 1:30*</i>	9:00 Synergy Seniors-B 10:00 AquaFit- A 11:00 Strong Bones - M 4:00 Strength&Cond. - M SL - 5:30-7:30 <i>*Lunch open swim from 12:00 to 1:30*</i>	9:00 AquaFit- A 10:00 Intense Aquatics -C 11:00 Arthritis-A SL - 4:30-5:30; 6:30-7:30 <i>*Lunch open swim from 12:00 to 1:30*</i>	9:00 Synergy Seniors- C 10:00 Aquafit - A 11:00 Strong Bones - A <i>*Lunch open swim from 12:00 to 1:30*</i>
MAY 28-31	CLOSED HAPPY MEMORIAL DAY!	9:00 AquaFit- M 10:00 BootCamp -BB 11:00 Arthritis-A 5:30 AquaFit- CH	9:00 Synergy Seniors-B 10:00 AquaFit- A 2:00 Strong Bones - A 4:00 BootCamp - G	9:00 AquaFit- M 10:00 NoodleBlast -BB 11:00 Arthritis-C 5:30 AquaFit- G	

<p>Instructors for aquatic classes: C- Cara Tidwell; A-Amy Jones; M-Matt Parker; KK-Karen Kison; B- Barbara Dexter; BB-Barbara Bates; CH-Corley Holt; MP-Marie Parks; G-Greta Perkins; KC - Kathy Chapman</p>

All classes subject to change each month
Classes may be cancelled during severe weather conditions