


Water Aerobics Schedule January 4 - May 31, 2010

Please see our website at www.broomfieldrecreation.com for pool schedules and additional information

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am			Drill Bits PDRC Cindy				
7:00-8:00am	Water Running PDRC Crystal	Deep H2O-Cross Training BCC Mike	Water Running PDRC Crystal	Deep H2O-Cross Training BCC Mike	Water Running PDRC Marilynn		
7:30-8:30am		Arthritis BCC Lynn		Arthritis BCC Lynn			
		Hydrodynamics PDRC Stephanie		Hydrodynamics PDRC Stephanie			
8:00-9:00am	Drill Bits BCC Dawn		H2O Cardio Kick-IT BCC Raelynn		H2O Cardio Kick-IT BCC LeAnne	Deep Water BCC Arthritis - Tim	
	Fluid Motion PDRC Cindy		Fluid Motion PDRC Cindy		Drill Bits PDRC Cindy		
8:30-9:30am		Fluid Motion BCC Leann		Fluid Motion BCC Leann		Hydrodynamics PDRC Mike	
9:00-10:00am	Hydrodynamics BCC Becky	Pre-Natal Aerobics PDRC Becky	Hydrodynamics BCC Becky	Pre-Natal Aerobics PDRC Becky	Hydrodynamics BCC Becky		
		Arthritis PDRC Dorotheetta		Arthritis PDRC Dorotheetta	8:45-9:45am Baby&Me PDRC - Dawn		9:15-10:15 Pre-Natal - PDRC Jaala
9:30-10:30am							Water Aerobics PDRC Jeanne
10-11:00am	Arthritis BCC Raelynn		Arthritis BCC Raelynn		Arthritis BCC Lynn		
3:00-4:00pm	Arthritis PDRC Karen		Arthritis PDRC Karen		Arthritis PDRC Karen		Fun-n-Fitness for kids BCC
4:00-5:00pm		Fun-n-Fitness for kids PDRC		Fun-n-Fitness for kids PDRC			
5:00-6:00pm	Fun-n-Fitness for kids PDRC		Fun-n-Fitness for kids PDRC				
6:00-7:00pm	Water Aerobics PDRC Mary		Water Aerobics PDRC Crystal				
6:30-7:30pm	Pre-Natal 6:15-7:15 PDRC Jeanne	Water Aerobics BCC Jeanne	Pre-Natal 6:15-7:15 PDRC Jeanne	Water Aerobics BCC Jeanne			

BCC Broomfield Community Center 290 Lamar 303-464-5500 PDRC Paul Derda Recreation Center 13201 Lowell Blvd 303-460-6900. Please see our website at www.broomfieldrecreation.com or our brochure for class descriptions and additional information.

www.broomfieldrecreation.com or our