

AUGUST - ARLINGTON HEIGHTS PARK DISTRICT AQUA FITNESS + WATER RUNNING

REC - OUTSIDE		DEEP WATER RUNNING	DEEP WATER RUNNING	DEEP AQUA FIT	DEEP AQUA FIT	SHALLOW AQUA FIT	SHALLOW AQUA FIT	DEEP AQUA FIT	SHALLOW AQUA FIT	DEEP WATER RUNNING
		6:30-7:15 AM	7:00-7:45 AM	7:00-7:45 AM	8:00-8:45 AM	8:00-8:45 AM	9:00-9:45 AM	9:30-10:15 AM	10:00-11:00 AM	11-11:45AM
THURSDAY	1									
FRIDAY	2									
SATURDAY	3									
SUNDAY	4									
MONDAY	5									
TUESDAY	6								85449	
WEDNESDAY	7									
THURSDAY	8									
FRIDAY	9									
SATURDAY	10									
SUNDAY	11									
MONDAY	12									
TUESDAY	13								85758	
WEDNESDAY	14				85748		85753			
THURSDAY	15									
FRIDAY	16			85744						
SATURDAY	17							85756		
SUNDAY	18									
MONDAY	19			85745						
TUESDAY	20	85291							85759	
WEDNESDAY	21				85749		85754			85314
THURSDAY	22		85293			85751				
FRIDAY	23			85746						
SATURDAY	24							85757		
SUNDAY	25									
MONDAY	26			85747						
TUESDAY	27	85291							85760	
WEDNESDAY	28				85750		85755			85316
THURSDAY	29		85294			85752				
FRIDAY	30									
SATURDAY	31									

MARGARET
SHERI
ERIN