

# Water Aerobics Schedule January-March 2015

For a complete list of closures and special holiday hours, please see our pool schedules!  
Please see our website at [www.broomfieldrecreation.com](http://www.broomfieldrecreation.com) for pool schedules and additional information!

Sign up for "B in the Loop" to receive schedule changes, pool closures, new class info!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00am	Interval Insanity PDRC Roxane	Deep H2O BCC Mike	Interval Insanity PDRC Marlynn	Deep H2O BCC Mike	Water Running PDRC Roxane		
7:30-8:30am		Arthritis BCC Lynn		Arthritis BCC Lynn			
		Hydrodynamics PDRC Stephanie		Hydrodynamics PDRC Stephanie			
8:00-9:00am	H2O Cardio Kick-It BCC Dawn		H2O Cardio Kick-IT BCC Raelynn		H2O Cardio Kick-IT BCC Bob	Deep Water & Arthritis BCC	
	Fluid Motion PDRC Cindy		Fluid Motion PDRC Roxane		Fluid Motion PDRC Cindy		
8:00-9:00am		Fluid Motion BCC Nancy		Fluid Motion BCC Nancy		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 Marlynn		Arthritis PDRC Marlynn			9:15-10:15 Pre-Natal - PDRC Jaala
		Baby&Me PDRC Breanne		Baby&Me PDRC Breanne	Baby&Me PDRC Roxane		9:45-10:45 H2O Aerobics PDRC - Jeanne
10-11:00am	Arthritis BCC Marlynn		Arthritis BCC Raelynn		Arthritis BCC Raelynn		
3:00-4:00pm	Arthritis PDRC Karen		Arthritis PDRC Karen		Arthritis PDRC Raelynn		
4:00-5:00pm		Flippity Fun for kids 7- 13yrs PDRC		Flippity Fun for kids 7- 13yrs PDRC			
5:00-6:00pm	Flippity Fun for kids 7- 13yrs PDRC		Flippity Fun for kids 7- 13yrs PDRC				
6:30-7:30pm	Water Aerobics PDRC Crystal		Water Aerobics PDRC Mary				
	Pre-Natal PDRC Jeanne	Water Aerobics BCC Jeanne	Pre-Natal PDRC Jeanne	Water Aerobics BCC Jeanne			

