



Aquatic Classes October 2017

Jump Start Health & Fitness



For more information please contact Jump Start Staff at 687-4537 ext. 212 or www.jumpstartknoxville.com

Mon	Tue	Wed	Thu	Fri	Sat
2 8:30 am Aqua 3–Lynne 9:30 Deep Water–Lynne 10:30 Aqua 1–Lynne 2:00 Aqua 1– Ernie 2:45 15-Fit—Ernie 5:30 Aqua Fit—Jessie	3 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne	4 8:30 am Aqua 3-Kim 9:30 Deep Water—Kim 10:30 Aqua 1 –Kim 2:00 Aqua 1-Ernie 2:45 15-Fit-Ernie 5:30 Aqua Zumba – Lynne	5 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne	6 8:30 am Aqua 3–Lynne 9:30 Deep Water– Lynne 10:30 Aqua 1-Lynne 2:00 Aqua 1– Ernie 2:45 15-Fit—Ernie 5:30 Aqua Zumba –Lynne	7
9 8:30 am Aqua 3–Lynne 9:30 Deep Water–Lynne 10:30 Aqua 1-Lynne 2:00 Aqua 1– Ernie 2:45 15-Fit—Ernie <u>5:30 Aqua Fit—Canceled</u>	10 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne	11 8:30 am Aqua 3-Lynne 9:30 Deep Water—Lynne 10:30 Aqua 1 –Lynne 2:00 Aqua 1-Ernie 2:45 15-Fit-Ernie 5:30 Aqua Zumba – Jessie	12 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne	13 8:30 am Aqua 3–Lynne 9:30 Deep Water– Lynne 10:30 Aqua 1-Lynne 2:00 Aqua 1– Ernie 2:45 15-Fit—Ernie 5:30 Aqua Zumba –Lynne	14
16 8:30 am Aqua 3–Lynne 9:30 Deep Water–Lynne 10:30 Aqua 1-Lynne 2:00 Aqua 1– Ernie 2:45 15-Fit—Ernie 5:30 Aqua Fit—Jessie	17 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne	18 8:30 am Aqua 3-Kim 9:30 Deep Water-Kim 10:30 Aqua 1 –Kim 2:00 Aqua 1-Ernie 2:45 15-Fit-Ernie 5:30 Aqua Zumba – Lynne	19 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne	20 8:30 am Aqua 3–Kim 9:30 Deep Water– Kim 10:30 Aqua 1– Lynne 2:00 Aqua 1– Ernie 2:45 15-Fit—Ernie 5:30 Aqua Zumba –Lynne	21
23 8:30 am Aqua 3–Lynne 9:30 Deep Water– Lynne 10:30 Aqua 1-Lynne 2:00 Aqua 1– Ernie 2:45 15-Fit—Ernie 5:30 Aqua Fit—Jessie	24 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne	25 8:30 am Aqua 3-Kim 9:30 Deep Water-Kim 10:30 Aqua 1 –Kim 2:00 Aqua 1-Ernie 2:45 15-Fit-Ernie 5:30 Aqua Zumba –Lynne	26 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne	27 8:30 am Aqua 3–Kim 9:30 Deep Water– Kim 10:30 Aqua 1-Lynne 2:00 Aqua 1– Ernie 2:45 15-Fit—Ernie 5:30 Aqua Zumba –Lynne	28
30 8:30 am Aqua 3-Lynne 9:30 Deep Water-Lynne 10:30 Aqua 1 –Lynne 2:00 Aqua 1-Ernie 2:45 15-Fit-Ernie 5:30 Aqua Fit—Jessie	31 9:15am Aqua 2– Ernie 10:00am 15-Fit-Ernie 10:30 Peaceful Waters- Lynne 5:30 pm Aqua Blast– Lynne				