



# Advanced Care

PHYSICAL THERAPY, AQUATIC & FITNESS CENTER

Personal care that gets you results.

716-282-2888

Aquatic & Fitness Center

924 Main St

Niagara Falls, NY 14301

## NOVEMBER - 09 GROUP FITNESS SCHEDULE

Effective 10/27/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
5:30 – 6:30pm \$ Aqua Conditioning Courtney	10:00 – 11:00am \$ Aqua Conditioning Jean	5:30 – 6:30pm \$ Aqua Conditioning Courtney	10:00 – 11:00am \$ Aqua Conditioning Jean		
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
5:30 – 6:30pm \$ Aqua Conditioning Courtney	9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	5:30 – 6:30pm \$ Aqua Conditioning Courtney	9:00 – 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean		
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
5:30 – 6:30pm \$ Aqua Conditioning Courtney	9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	5:30 – 6:30pm \$ Aqua Conditioning Courtney	9:00 – 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean		
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
5:30 – 6:30pm \$ Aqua Conditioning Courtney	9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean	5:30 – 6:30pm \$ Aqua Conditioning Courtney	9:00 - 9:30am Total Abs FREE Jean 10:00 – 11:00am \$ Aqua Conditioning Jean 12:15 – 12:45pm Abs Kinesis FREE Jean		
<b>30</b>					
5:30 – 6:30pm \$ Aqua Conditioning Courtney					

\*\*\* **FREE** Classes - Total Abs & Abs Kinesis Class \*\*\*

**\$ Fee Based** - Aqua Conditioning -

\$5 per class Walk-In Rate

\*\*\* Buy 4 or more classes in advance at \$3.75 per class \*\*\*