

Margaret Deans



I have been teaching water exercise for several years at the Coomes Center in addition to serving as Minister of Discipleship at a church in Kingsport. You will receive a Warm Welcome when you come to class at the pace that promotes a *Restful Night* (so I've been told!)

Parke Deans

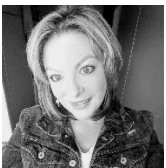


Minister of Music and Worship at Abingdon Baptist Church. In addition to **engaging folks in the rhythms of life**, I enjoy hiking, reading, and trading. It is a pleasure for me to lead folks to accomplish goals they at one time thought impossible. Come join our "romp" (group of otters) for a **GREAT AND REFRESHING WORKOUT**.

Nancy Fox

*Jump in* and join us ~ make the **POOL** your **GYM**!

Krista Lindsey



If it doesn't **challenge** you it won't *change* you!

Tamara Olinger



We have a **SPLASHING** Good time!!!

Pam Rippe



Have **Fun**!! Get **Fit**!!

Trish Warren



I want to motivate participants to be **EXCITED** and **Interested** in the benefits of water exercise. It is my goal that each person work to the best of her/his ability through a variety of movements that will result in a good overall workout in the water.