## Fairmont Aquatic Center Land & Water Aerobics Schedule

	М	Т	W	Н	F	Sa
	Aqua	Deep	Aqua	Deep	Aqua	Aqua
	Fit	Water	Fit	Water	Fit	Zumba
	9:00—	9:00—	9:00—	9:00—	9:00—	
	10:00	10:00AM	10:00	10:00	10:00	9:00—
	AM	with	AM	AM	AM	9:55
S	with	Luanne	with	with	with	AM
Water Aerobics	Patti		Patti	Luanne	Patti	with
	Water	Water	Water	Water	Aqua	Julia
	Walking	Walking	Walking	Walking	Motion	
	Class	Class	Class	Class		
ď	11:30	11:30 —	11:30	11:30 —	10:30-	
	_	12:30	_	12:30	11:30	
4	12:30	PM	12:30	PM	AM	
4	PM	W/ Liz	PM	W/Liz	with	
ŢΟ	W/ Liz		W/ Liz		Liz	
>		Float		Float		
>	Hydro	Board	Hydro	Board		
	Fusion	12:30-	Fusion	12:30-		
	10:30-	1:30 pm	10:30-	1:30 pm		
	11:30	LuAnne	11:30	LuAnne		
	AM	Total	AM	Total		
	with	Body	with	Body		
	Julia	6:00—	Julia	6:00—		
		7:00 PM		7:00 PM		
		with		with		
		Katherine		Katherine		



S	M	T	W	Thurs	Sa
Land Aerobics	Yoga 9:00 - 10:00 AM with Carolyn	Yoga 9:00 - 10:10 AM with Aleinna	Yoga 8:30- 9:30 AM with Carolyn	Yoga 9:00 - 10:10 AM with Aleinna	Pop Pilates 10-10:30 with Debi  Yoga 10:30 -11:30 AM with Debi

