

Fairmont Aquatic Center Land & Water Aerobics Schedule

| Water Aerobics | M | T | W | H | F | Sa |
|---------------------------|--|----------------------------|--|----------------------------|--------------------------|-------------------------|
| | Aqua Fit | Deep Water | Aqua Fit | Deep Water | Aqua Fit | Aqua Zumba |
| | 9:00—10:00 AM with Patti | 9:00—10:00AM with Luanne | 9:00—10:00 AM with Patti | 9:00—10:00 AM with Luanne | 9:00—10:00 AM with Patti | 9:00—9:55 AM with Julia |
| | Water Walking Class | Water Walking Class | Water Walking Class | Water Walking Class | Aqua Motion | |
| | 11:30—12:30 PM W/ Liz | 11:30 —12:30 PM W/ Liz | 11:30 —12:30 PM W/ Liz | 11:30 —12:30 PM W/Liz | 10:30-11:30 AM with Liz | |
| | Hydro Fusion | Float Board | Hydro Fusion | Float Board | | |
| 10:30-11:30 AM with Julia | 12:30-1:30 pm LuAnne Total Body 6:00—7:00 PM with Katherine | 10:30-11:30 AM with Julia | 12:30-1:30 pm LuAnne Total Body 6:00—7:00 PM with Katherine | | | |



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