

# Fairmont Aquatic Center Land & Water Aerobics Schedule

| Water Aerobics | M  | T  | W  | H   | F   | Sa  |
|----------------|--|--|--|---|---|---|
|                | <b>Aqua Fit</b><br>9:00—10:00 AM<br>with Patti           | <b>Deep Water</b><br>9:00—10:00AM<br>with Luanne         | <b>Aqua Fit</b><br>9:00—10:00 AM<br>with Patti           | <b>Float Board</b><br>7:30-8:30 am<br>LuAnne            | <b>Aqua Fit</b><br>9:00—10:00 AM<br>with Patti      | <b>Aqua Zumba</b><br>9:00—9:55 AM<br>with Julia |
|                | <b>Water Walking Class</b><br>11:30 — 12:30 PM<br>W/ Liz | <b>Water Walking Class</b><br>11:30 — 12:30 PM<br>W/ Liz | <b>Water Walking Class</b><br>11:30 — 12:30 PM<br>W/ Liz | <b>Deep Water</b><br>9:00—10:00 AM<br>with Luanne       | <b>Aqua Motion</b><br>10:30-11:30 AM<br>with Liz    |   |
|                | <b>Hydro Fusion</b><br>10:30-11:30 AM<br>with Julia      | <b>Float Board</b><br>12:30-1:30 pm<br>LuAnne            | <b>Hydro Fusion</b><br>10:30-11:30 AM<br>with Julia      | <b>Water Walking Class</b><br>11:30 — 12:30 PM<br>W/Liz | <b>Total Body</b><br>6:00—7:00 PM<br>with Katherine |   |



| Land Aerobics | M  | T  | W  | Th                                       | Fri  | Sa   |
|---------------|--|--|--|--|--|--|
|               | <b>Yoga</b><br>9:00 - 10:00 AM<br>with Clair | <b>Yoga</b><br>9:00 - 10:10 AM<br>with Clair | <b>Yoga</b><br>8:30-9:30 AM<br>with Debi | <b>Yoga</b><br>8:00-9:00 AM<br>with Debi | <b>Yoga</b><br>9:00 - 10:10 AM<br>with Clair | <b>Pop Pilates</b><br>10-10:30 AM<br>with Debi |

AS OF 1.31.18