

Fairmont Aquatic Center Land & Water Aerobics Schedule

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

AS OF 9/28/17