

Fairmont Aquatic Center Land & Water Aerobics Schedule

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



Land Aerobics	M	T	W	Th	Fri	Sa
	Yoga 9:00 - 10:00 AM with Clair	Yoga 9:00 - 10:10 AM with Clair	Yoga 8:30-9:30 AM with Debi	Yoga 8:00-9:00 AM with Debi	Yoga 10:30-11:30 AM with Clair	Pop Pilates 10-10:30 AM with Debi

AS OF 4.16.18