

# Fairmont Aquatic Center Land & Water Aerobics Schedule

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



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

AS OF 5.9.18