

LOCOMOTION FITNESS CENTER
Water Aerobic Schedule

March 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m. - 8:00 a.m.	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open @ 8	Open @ 8
8:00 a.m.- 9:00 a.m.	Water Aerobics Jen	Water Aerobics Sherry	Water Aerobics Jen	Aqua Yoga	Open Swim	Open Swim	Open Swim (Hot Tub closes @3)
9:00 a.m. - 10:00 a.m.	Anchored Down Debbie	Aqua Yoga	Anchored Down Debbie	Swim Lessons	Anchored Down Debbie	Anchored Down Nanette	
10:00 a.m. 4:00 p.m.	Swim Lessons (11-6)	Open Swim	Swim Lessons (10-6)	Open Swim (3-4pm)	Swim Lesson (10-2:30pm)	Swim Lessons (10-3)	
4:15 p.m.- 5:00 p.m.	Swim Lessons	Water Aerobics Nanette	Swim Lessons	Water Aerobics Nanette	Open Swim (3-7)	Open Swim (3:30-6)	Open Swim Pool closes @5:30
5:00 p.m.- 6:00 p.m			Swim Lessons		Open Swim		
6:00 p.m. - 7:00 p.m.	Water Aerobics Sherry	Swim Lessons (5-8:30)	Water Aerobics Sherry	Swim Lessons (5-8:30)	Open Swim	Closed	
7:30 p.m.- 8:30 p.m.	Aqua Yoga (7:15)		Open Swim		Closed	Closed	Closed