

LOCOMOTION FITNESS CENTER
Water Aerobic Schedule

September 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 (10:30-4)	Anchored Down Debbie	Anchored Down Nanette	
10:00 a.m. 4:00 p.m.	Swim Lessons (11-6)	Swim Lessons (11-4)	Swim Lessons (11-6)	Swim Lessons	Swim Lesson (10:30-7:30)	Swim Lessons (10-1:30)	
4:15 p.m.- 5:00 p.m.	Swim Lessons	Water Aerobics Nanette	Swim Lessons	Water Aerobics Nanette	Swim Lessons	Open Swim (1:30-5:30)	Open Swim Pool closes @5:30
5:00 p.m.- 6:00 p.m		Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons		
6:00 p.m. - 7:00 p.m.	Water Aerobics Sherry	Swim Lessons (5-8:30)	Water Aerobics Sherry	Swim Lessons (5-8:30)	Swim Lessons	Closed	Closed
7:30 p.m.- 8:30 p.m.	Aqua Yoga (7:15)		Open Swim		Closed	Closed	Closed

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Land Aerobic Schedule-2023

September 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35 a.m. - 6:30 a.m.		Weights Echo		Spin Jennifer	Mixer Echo		
8:00 a.m.- 9:00 a.m.			Yoga (8:30-9:30)			Mixer Becky (8:15-9:15)	Spin Becky/Callie
9:00 a.m. - 10:00 a.m.	Cardio Party Gwynn	Mixer Carrie	Pilates W/ Amy (9am-10am)	Mixer Amy	Mixer Becky		Ignite Yoga 9am
Silver Sneakers 10:15 a.m.- 11:15 a.m.	Classic Gwynn	Cardio Sherry	Classic Amy L	Enerchi Sherrie	Chair Yoga Shaylee		
3:00 p.m.- 5:00 p.m.							Yin Yoga start 9/10/23
5:45 p.m.- 6:30 p.m.	Mixer Amy J	Tabata Penny	Boot Camp Callie				